

What to Wear for Cold Weather Exercise



Inner Layer

- Use moisture-wicking materials (polyester, polypropylene, lightweight wool).
- Avoid cotton to prevent moisture buildup.

Middle Layer

- Insulate with materials like down, microfiber, polyester fleece, or wool.
- Consider one loose weave layer and a second, tighter weave layer.



Outer Layer

- Choose a breathable jacket (Gore-Tex®, nylon, polyester blend, Windstopper®).
- Avoid rubber/plastic materials to prevent moisture buildup.

Accessories

- **Headgear:** Wear a hat.
- **Neck Protection:** Use a scarf.
- **Hand Warmers:** Opt for mittens or gloves with over mittens.
- **Footwear:** Choose wool and polypropylene-blended socks.
- **Sunscreen:** Protect exposed skin from UV rays.



Learn More



FAMILY & COMMUNITY HEALTH