

Cold Weather Clothing

- **Fall/Winter/Spring:** water-resistant boots, insulated long pants, non-cotton base layer, waterproof jacket or windbreaker, waterproof pants, and fleece/wool light jacket

- **Cotton:**

- highest priority is staying warm, must avoid being in wet clothing
- once cotton/denim becomes wet it will not dry out on the trail and elevates the risk of cold temperature injuries
- base layers should be made of synthetic or wool fabrics

- **Layers:**

- recommend at least three layers for your upper and lower body on cold days:
 - a wicking/quick-dry base layer
 - an insulated base layer
 - a wind/waterproof outer layer

- **Hunting season**

- wear many florescent colors (vest, hat, etc.)

