

# ADVENTURE MOM'S GUIDE TO LAYERING

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## HOW TO LAYER CHILDREN'S CLOTHING FOR A FUN WINTER'S DAY OUTSIDE:

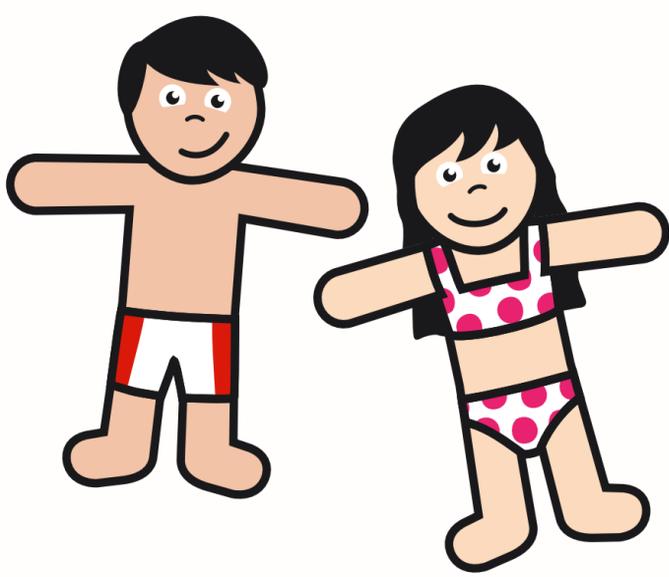
(BEFORE YOU BEGIN, NO MATTER HOW MUCH YOUR KIDS TELL YOU THEY DON'T NEED TO GO, EVERYONE MUST GO POTTY. NEVER SKIP THIS STEP. DON'T ASK ME HOW I KNOW. THEN...THE LAYERING BEGINS.)

### 1 THE LAYER OF UNDERWEAR

#### UNDIE'S FIRST!

PICK YOUR BEST FITTING UNDIES SO THEY DON'T BUNCH UP. FOR OLDER KIDS, YOU MAY NEED CHECK THE UNDIES ARE NEW AND CLEAN.

**TIP:** THIS IS YOUR LAST OPPORTUNITY TO EASILY GO POTTY.



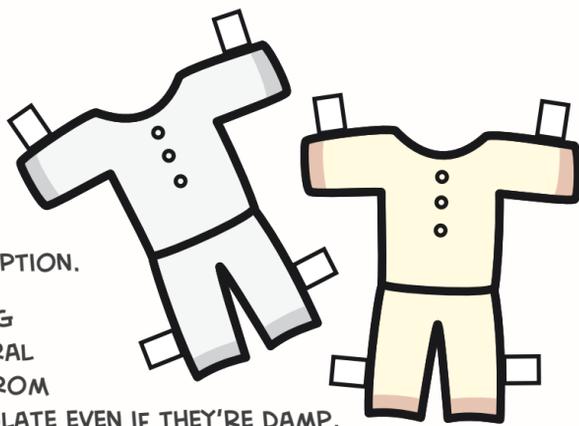
### 2 THE LAYER OF LONG JOHNS

#### BASE LAYER IS NEXT!

THERE ARE TONS OF GREAT OPTIONS TO CHOOSE FROM. CHOOSE A MATERIAL THAT IS WARM BUT ISN'T TOO ITCHY. MARIANO WOOL WITH A LITTLE LYCRA FOR STRETCH IS A GREAT OPTION.

FOR WARM FEET, TRY SNUG-FITTING MERINO WOOL SOCKS. THIS NATURAL FABRIC DRAWS MOISTURE AWAY FROM THE BODY AND CONTINUES TO INSULATE EVEN IF THEY'RE DAMP. COTTON SOCKS STOP INSULATING THE SECOND THEY GET WET.

**TIP:** COLD FEET = GRUMPY KIDS

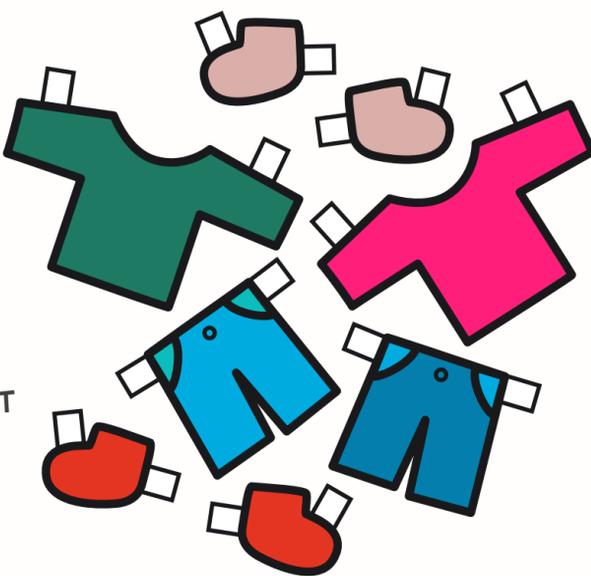


### 3 THE "STREET CLOTHES" LAYER

#### TIME FOR PLAY CLOTHES!

PICK A LOOSE FITTING OUTFIT THAT GIVES KIDS LOTS OF ROOM TO BEND AND TWIST. TIGHT CLOTHING RESTRICTS MOVEMENT MAKING IT HARDER TO RUN AND PLAY. STAY AWAY FROM JEANS BECAUSE THEY ARE HEAVY.

**TIP:** DOUBLECHECK THAT SHIRTS AND PANTS ARE NOT INSIDE-OUT.

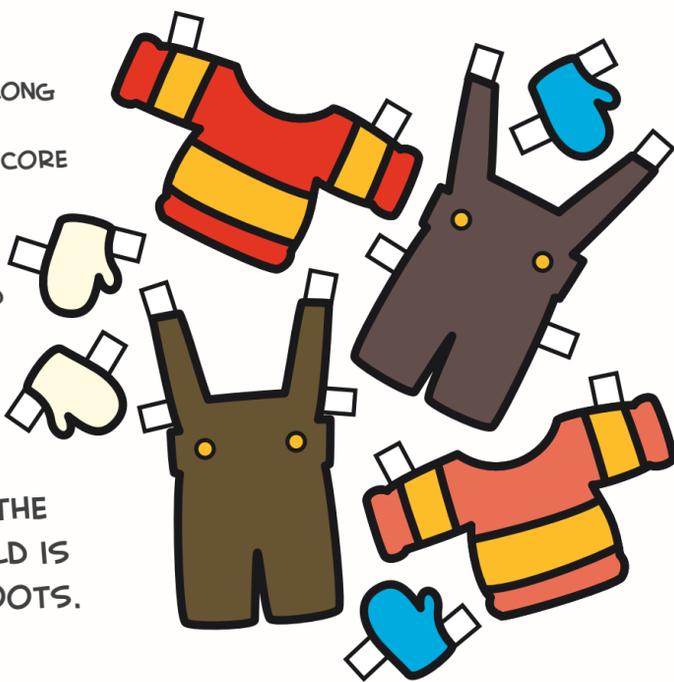


### 4 THE THICK LAYER

#### A LAYER OF WARMTH

WHEN YOU'RE SPENDING A LONG TIME OUTSIDE, IT'S SUPER IMPORTANT TO KEEP YOUR CORE WARM. THIS IS WHY WE RECOMMEND ADDING AN EXTRA SWEATER. IT WILL HELP KEEP YOUR HEART AND THE REST OF YOUR VITAL ORGANS WARM, FREEING UP ENERGY FOR TOASTY LITTLE FINGERS AND TOES.

**TIP:** PUT A HALT ON THE MITTENS IF YOUR CHILD IS TO TIE THEIR OWN BOOTS.



### 5 THE WINTER MIX

#### LAST, THE OUTER LAYER

AS YOUR FIRST LINE OF DEFENSE AGAINST THE ELEMENTS, BE SURE TO PICK A COAT THAT SUITS YOUR ACTIVITY. A WATERPROOF COAT WILL KEEP YOUR KIDS WARMER A LOT LONGER IN THE SNOW. IT WILL ALSO CUT THE WIND CHILL. NO AMOUNT OF LAYERING WILL MAKE UP FOR NOT HAVING A COAT FOR YOUR LEGS. SNOW PANTS ARE THE DIFFERENCE BETWEEN FUN OR MISERY IN THE SNOW.

LET YOUR CHILD TRY ON THEIR HAT BEFORE YOU LEAVE. IF THEY THINK IT'S ITCHY, YOU'LL WANT TO KNOW BEFORE YOU GO. FILL ANY GAPS BETWEEN THE COAT AND HAT WITH A NECK GAITER OR SCARF.

USE THIN, WATERPROOF GLOVES OR MITTENS. BULKY ONES ARE HARD FOR LITTLE HANDS TO MANEUVER IN. NON-WATERPROOF GLOVES SOAK THROUGH QUICKLY MAKING FROZEN FINGERS.

**TIP 1:** PUT A PLASTIC BAG BETWEEN THE SOCKS AND BOOTS FOR EASY SLIPPING-OFF.



**NOW, YOU'RE ALL SET.**

EXCEPT...I THINK I JUST HEARD SOMEONE SAY THEY HAD TO GO POTTY. AGAIN.