

How to Layer Clothing to Stay Warm and Dry

Staying warm and dry while engaging in outdoor activities and sports is an ideal notion for those who love the outdoors. One of the best ways to accomplish this specific goal is to layer clothing in a correct manner. By layering your clothing you can stay warm, dry and make your day outside successful, no matter what the weather elements may be. There are a few ways to properly layer clothing so that you are adequately layered and not overly burdened by the extra clothing items.

Choose a Layer Friendly Clothing Material

When you are gathering together layer clothing items, be aware of the actual clothing material as this will ensure the warmth and non-bulkiness of the item. Two items which are especially good materials for layering include merino wool clothing and polyester or polypropylene clothing items. These are a little bit different from each other as the merino is a natural fiber item and the polypropylene is synthetic however both achieve the same goal which is to provide warmth and dryness. They are the perfect layering materials to select in order to keep you warm and dry.

Be Mindful of the Bulkiness Factor

When picking out clothing for layering purposes, make sure that the clothing isn't too bulky as this will make the outfit practically non-wearable due to the comfort factor. You want to choose [layer clothing](#) that is thin yet will still provide warmth and dryness. Certain materials, such as merino and polyester, will pull the wetness away from one's body if sweating is an issue. With a thin layer of clothing you achieve your goals of warmth and dryness without sacrificing comfort.

Try On the Clothing Prior to the Day

In order to be certain that you have the correct layering clothes, try on your prospective outfit prior to your skiing trip or hiking venture. This will let you know if the fit is right and, if not, give you time to head out to get new layering clothes for that perfect fit along with your outerwear. You don't want to be scrambling for layering clothes at the last minute and having a potential misfit on your day in the outdoors. In addition, you don't want to have to forego the warmth and dryness of layering clothes in case your layering items simply aren't right.

Pick Layering Clothes Which Are Quality Clothing Items

It is also crucial to purchase quality made clothing for layering. You don't want to sacrifice quality simply to get a good deal. Quality made items are ones which will keep you the warmest and dry. Try to choose a well-known clothing manufacturer which is known for their fine crafted clothing. Just because you purchase quality clothing items for layering doesn't mean that you must spend a fortune on the items. Look for discounts and sales on these necessary high quality items.

Don't Forget Your Hands and Feet When Layering

When people think of layering their clothing they sometimes forget about the importance of properly covering their hands and feet. Choosing quality made gloves and socks for layering will do wonders for keeping your entire body warm and your hands and feet dry. You can find socks and gloves which are thin enough to act as layering items underneath heavier socks and gloves. Look for specialty socks and gloves which are used primarily for this purpose and you will find that your outdoor activities are much more pleasant when you have warm and dry feet and hands.

Properly layering up prior to engaging in [outdoor sports](#), especially in cold and inclement weather, will help to ensure the complete success of your outdoor adventures and make the day last much longer than could be expected when you fail to layer your clothing properly.

This article was sponsored by www.ClearWaterOutdoor.com in pursuit of their mission: “To encourage and enhance ones life outdoors, at any age, in any season”.