WINTER WEATHER TIPS

Pittsburgh SMPW

DRESS IN LAYERS

What is the key to staying warm during your SMPW shift? Dress in layers! A **three** layer system works best for warmth and comfort.

The base layer removes moisture, the middle layer is for warmth, and the outer layer provides protection from the elements.

Layers can be added and removed as the weather changes.

BASE LAYER

Purpose: A good base layer has moisture-wicking properties and traps heat.

Fabric Types: Merino wool, silk, polyester, nylon.

Caution: Avoid cotton as it cannot retain heat or wick moisture.

Desired Fit: Snug and comfortable.

MIDDLE LAYER



Purpose: Traps heat while still being breathable enough to allow moisture to escape.

Fabric Types: Fleece sweaters and lined tights, merino wool tops, and thin, insulated down jackets or vests.

Caution: Choose a middle layer weight based on the weather. A middle layer that is too insulated will cause overheating and perspiration. As a result, the middle layer will lose its insulating qualities and the accumulated moisture will increase the feeling of coldness.

Desired Fit: Looser than your base layer, but not baggy.



EXAMPLES

Fleece Sweater and Fleece Lined Tights

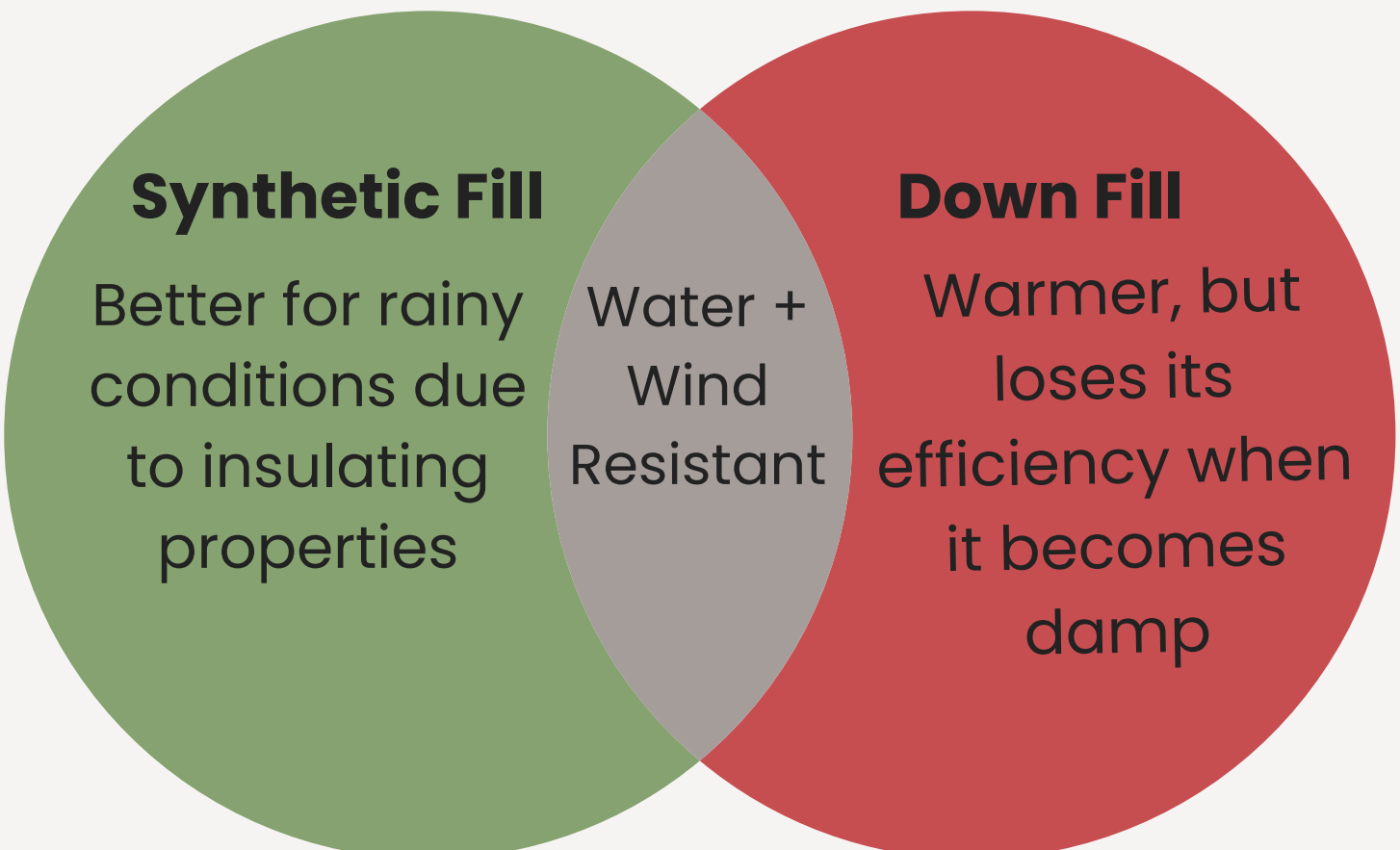
Benefits: Stays warm even if it gets damp, dries quickly, and breathes well, which makes one less likely to overheat.

Caution: High breathability: meaning wind blows through, stealing warmth. For this reason, an outer layer is necessary with a fleece middle layer.

Fabric Types: lightweight, midweight and heavyweight fabrics. Sometimes marketed as 100, 200 and 300 weight.

Insulated Down Vest or Jacket

Fill Types



OUTER LAYER:

Purpose: The outer layer protects from wind, rain, and snow and usually allows at least some perspiration to escape.

Insulation/Fabric Types: Down and Wool. Both are excellent options. Down is warmer and more water resistant. Wool dries faster and is less bulky.

Desired Fit: Allows room for layers without restricting movement.

TIPS

Look for fabrics that are **water resistant** or **waterproof**. Or add a **durable water repellent (DWR)** spray to your outer layer and footwear. Water will bead up and roll right off the fabric!

What's the difference between water resistant and waterproof?

Water resistant material is lighter and more breathable and will keep you dry during light rain. Waterproof has sealed seams and zippers and will keep you dry during a downpour.

EXTREMITIES

Hats:
Wool and synthetic beanies work well. Make sure it covers your ears. The hood of your jacket can provide wind and rain coverage.

Gloves:
Good: Fleece gloves provide basic warmth
Better: Insulated gloves
Best: Mittens

Socks:
Wear moisture wicking fabrics, like wool or synthetics. Avoid cotton.

Warming packets:
You can also add warmth by slipping hand or foot warmers inside your gloves or socks. Some gloves include pockets sized for the packets.

Electronic accessories:
There are many rechargeable and battery powered heated accessories available such as hand warmers, insoles, socks, gloves and vests.

BOOTS

Look for insulated linings, temperature ratings, quick dry linings, antimicrobial properties, and deep treads. A snug fit around your leg blocks out snow and ice.

Sheepskin and Suede

Provides the most warmth. Remember to waterproof!

Leather

The most durable and breathable material.

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Rubber

Best for rainy days.