

WINTER CLOTHING TIPS

Wear properly fitted clothing with a snug, but not constricting fit or loose fit. Socks and long underwear should be of a wicking material such as polyester/wool or polypropylene blends. Do not wear jeans, cotton socks or long underwear which will soak up water. Cotton does not insulate and it retains water, so it will freeze.

Wear waterproof gloves or mittens and good quality boots. Wear waterproof, breathable pants and jackets that have washable fleece inner liners that insulate over layers of wicking material.

Wear goggles instead of sunglasses because they are more protective; you can sunburn your eyes. In the dark hours of winter, low light and darkness alter depth perception.

Wear helmets to protect your head, face and eyes from traumatic injury and for warmth. By law, children must wear helmets; it is not an option. Everyone should cover their heads with a hat to retain warmth.

Wear sun block and lip balm with UV protection over 30 SPF; reapply every 3 hrs or after activity. Drink water, not sodas, to prevent dehydration at higher altitudes. Eat properly to renew your muscles and blood sugar levels; do not fill up on 'junk' food.

There is less oxygen at higher altitudes. Breathe deeply!