

HOW TO KEEP ME WARM

DO DRESS ME IN

- Thin Layers** (Temperatures 0° to -10°C)
- Base/1st layer = a synthetic or wool/synthetic blend **long john/underwear**
- 2nd layer = **pajama pants** or **light jogging pants**, a **turtleneck**, and a **wool/fleece sweater** (depending on weather)
- 3rd layer = **light windproof pants** & a **spring jacket**
- Put **fleece or wool socks** on my feet
- Put a **toque** on my head
- Put **mitts** on my hands
- If necessary, bring me dry clothes to change if I sweat too much

DON'T DRESS ME IN

- A heavy snow suit if I'm over 6 or 7
- Jeans
- Cotton clothing
- Cotton socks

PLEASE REMEMBER LOOK AT THE WEATHER!

Cancellations will be announced by emails, so make sure your name is on the mailing list!