

# How to dress for winter in Thunder Bay

In cold weather, we lose most of our body heat through our heads. **Wearing a warm hat** helps prevent this heat loss.



You can also wear a headband or earmuffs to **cover your ears**.



If your coat does not **cover your neck**, you will need a scarf to keep the wind away from your exposed skin.



**Mittens or gloves** can help keep your hands warm. Mittens are usually warmer than gloves, but make it difficult to use your fingers and hands.



**Dressing in layers** is important because it helps you to adjust to changes in temperature. If you're dressed too warmly, you may start to sweat. If you're sweating, it means you're getting wet, which means that you'll start to feel cold. If you're dressed in layers, you can take off layers if you're feeling too warm, or add them if you're feeling too cold.

**When dressing in layers, these articles of clothing will come in handy:**

- \* Long underwear (long johns) or under shirt
- \* Turtleneck or long sleeved shirts
- \* Sweater or fleece shirt
- \* Long pants
- \* **Snow pants** may also be necessary (depending on activity level)



**Wear a good quality coat, parka, or jacket.**

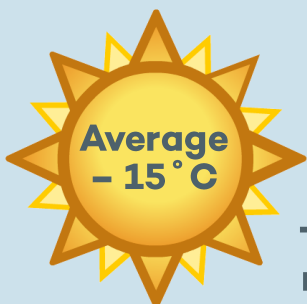
Your coat should be thick enough to keep you warm on cold winter days, and heavy enough to keep cold wind off your body. Many winter coats are also waterproof or water-resistant. Keeping yourself dry is one of the best ways to stay warm.



**Warm winter socks** are important in keeping warm dry feet.



Buy a pair of **insulated boots**. Ideally, the lining should be wool or synthetic--not cotton.



**The wind chill factor can make it feel even colder!**

**Where to buy inexpensive winter clothes :**

- \* Value Village
- \* Walmart
- \* Salvation Army
- \* Intercity Mall
- \* Superstore (Joe Fresh)