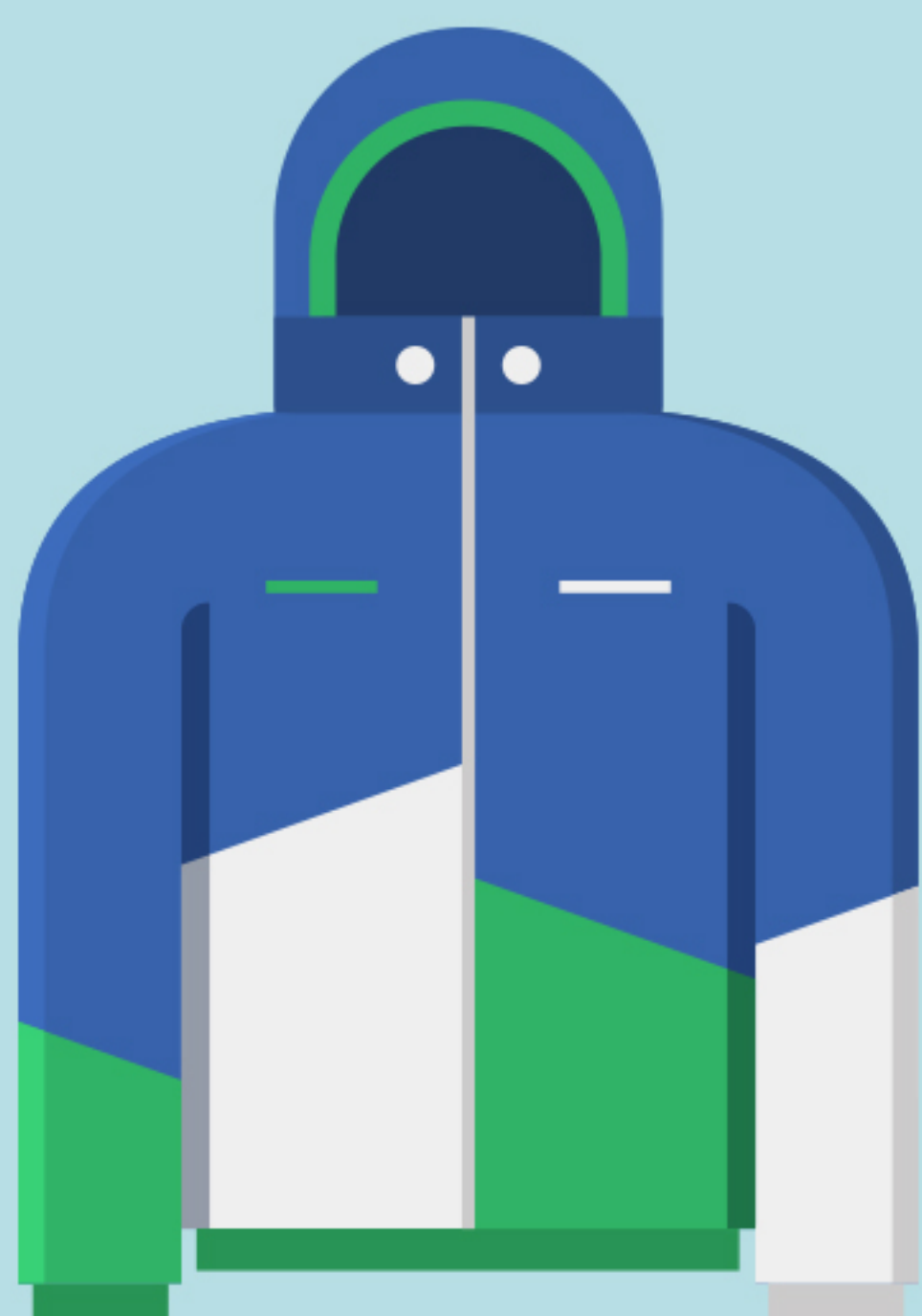


How to dress for *Winter* in *Thunder Bay*



Wear a good quality coat, parka or jacket.

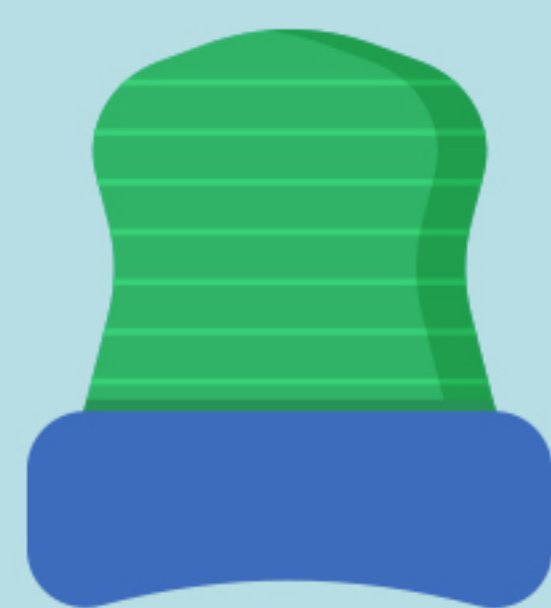
Your coat should be thick enough to keep you warm on cold winter days, and heavy enough to keep cold wind off your body. Many winter coats are also waterproof or water-resistant. Keeping yourself dry is one of the best ways to stay warm.



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.



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



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.

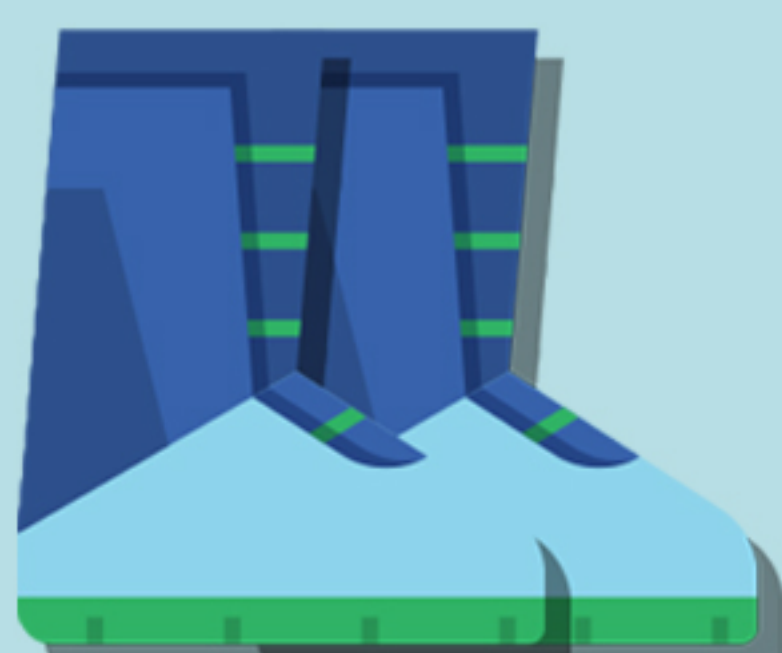
When dressing in layers, these articles of clothing will come in handy:

- **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)



Warm winter socks are important in keeping warm dry feet.



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