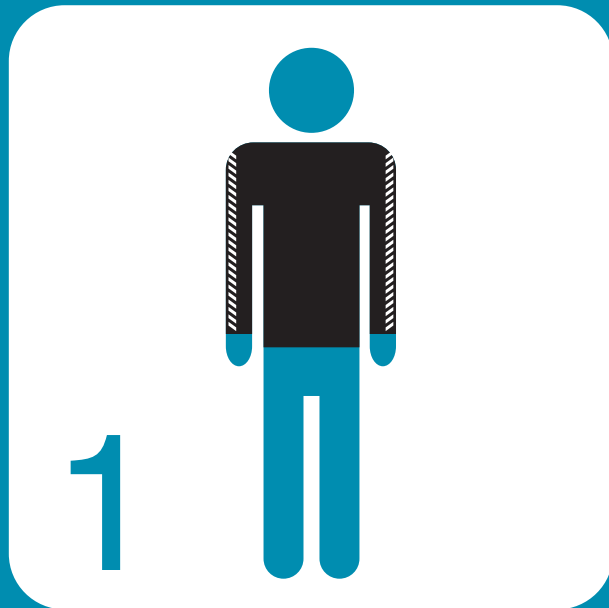


LAYERING 101:

HOW TO SURVIVE THE WINTER IN NEW ENGLAND



BASELAYER

A form-fitting (snug) garment designed to be worn directly next to the skin for optimal moisture transfer. The purpose of this piece is to draw moisture from sweat away from the skin to the outside of the garment, thus keeping the user dry and warm. All baselayers are made of either synthetic (wicking) materials or natural wicking fibers such as wool.



MIDLAYER

A true workhorse garment, the midlayer provides additional moisture management properties and is responsible for the bulk of the warmth in a given 3-layer system. Midlayers will typically have a less snug fit than a baselayer to allow the warm air between the two garments to act as an insulator. They will often also have zippers for venting and thermal regulation.



SHELL

When nature throws its worst at you, the shell is your best friend. Typically water-resistant or waterproof, this garment acts as a barrier between you and the elements, keeping wind, rain, and snow out of the equation. The air between the midlayer and shell also acts as further insulation in the worst weather. A hat and gloves can be great accessories too.