

Tips For Dressing Up In Extremely Cold Weather



Wear a warm hat to protect your head and ears

Wear a breathable yet warm face mask



Wear three layers of clothing, including one with insulation, on the upper body

Avoid wearing very tight clothing that may restrict blood circulation



Ensure that the outermost layer of clothing is windproof

Wear a minimum of two layers of clothing at the bottom



Protect your feet with waterproof boots

If heading outside, carry spare gloves and a jacket in case the ones you're wearing get wet

