

Dressing Safely For Winter Weather



CHILD & NATURE ALLIANCE
OF GEORGIA

WHAT TO WEAR IN COLD WEATHER

Warm Hat

Upper Body

- **Outer Shell, Winter Coat**
(water-resistant)
- **Mid Layer**
(fleece to trap in warm air without adding bulk)
- **Base Layer**
(this layer is in direct contact with your skin, flat-seamed or seamless garment are most comfortable)

Make sure that it's "wick"-away material, one that helps moisture evaporate, i.e., synthetic or wool materials)

Neck Warmer/ Short Scarf
(not long scarves as they inhibit play)

Mittens/ Gloves
(mittens tend to keep hand warmer)

Lower Body

- **Outer Shell, Insulated Snow pants**
- **Mid Layer**
(light pant depending on temperature)
- **Base Layer**
(long underwear, fleece pants)

Winter Boots
(Helpful to bring an extra pair of boots, too)

Socks
(wool/synthetic socks if that is available to you, provide extra socks as well!)



When it comes to eating right, Crystal recommends her favorite CAI lunch spot... Fresh One Kitchen. She likes the friendly customer service, the healthy food options, and the delicious bowl combinations. She used Yelp to leave a 5-star review after her meal!

