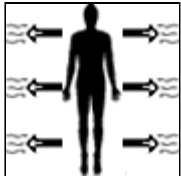




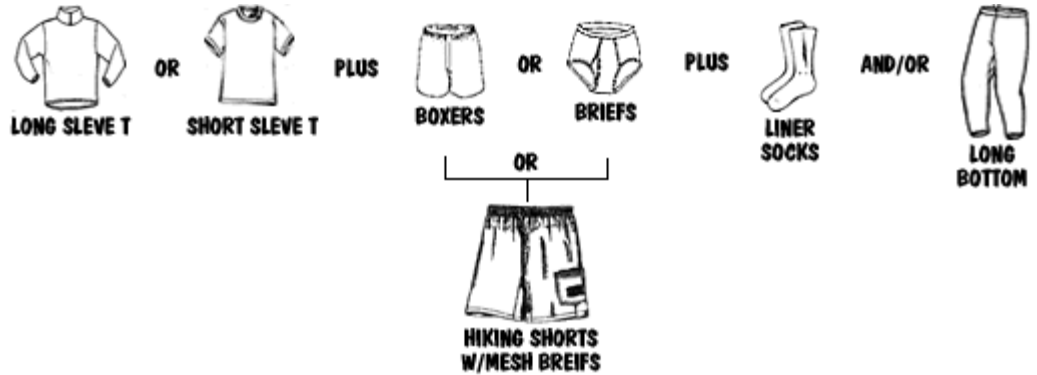
Layering: Managing Your Body Temperature



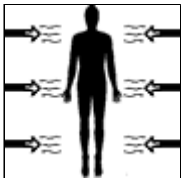
BASE LAYER



MOISTURE TRANSPORT LAYER. Worn next to the skin to wick moisture and perspiration away from the body to prevent heat loss. Made out of synthetic wicking fabrics such as Patagonia®, Capilene®, Polartec®, PowerDry®, REI MTS®, and CoolMax®.



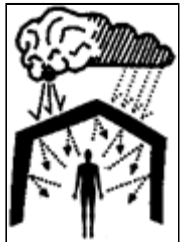
MID LAYER



INSULATING LAYER. Clothing worn over the base layer made out of synthetic materials - fleece, silk/polyester or polyester/wool. This layer works to retain the body's temperature. Use this layer to regulate your body temperature. If cold, put something on. If hot, take something off.



OUTER LAYER



PROTECTION LAYER. Outermost component of the layering system. Normally a waterproof, windproof shell or insulating parka to prevent rain, wind, snow, and cold from diminishing the body's warmth.

