
























NoCoastBestCoast.com's Winter Hiking Clothing Guide

	Base Layer	Insulating Layer	Outer Layer	Footwear	Accessories
40°	 <p>Short Sleeves Pants</p>	 <p>Fleece/ Sweatshirt</p>	None	 <p>Wool Socks Shoes</p>	None
30°	 <p>Short Sleeves Pants</p>	 <p>Fleece/ Sweatshirt</p>	 <p>Coat</p>	 <p>Wool Socks Shoes</p>	 <p>Glove Liners</p>
20°	 <p>Long Sleeves Pants</p>	 <p>Fleece/ Sweatshirt</p>	 <p>Coat</p>	 <p>Wool Socks Boots</p>	 <p>Hat Glove Liners</p>
10°	 <p>Long Sleeves Insulated Pants</p>	 <p>Fleece/ Sweatshirt</p>	 <p>Parka</p>	 <p>Wool Socks Boots</p>	 <p>Hat Mittens</p>
0°	 <p>Long Sleeves Long Underwear</p>	 <p>Fleece/ Sweatshirt (x2) Insulated Pants</p>	 <p>Parka</p>	 <p>Wool Socks Boots</p>	 <p>Hat Balaclava Glove Liners Mittens</p>

Thank you to Dr. Jean Coffey on the steering committee for sharing this guide. We recognize that going outdoors in the winter can be difficult for many reasons. There's less daylight, colder temperatures, and less green plants to see. But a winter landscape can be healing and beautiful as well! Look into local thrift stores and swap events around campus to try and find appropriate and budget friendly gear. When trying to determine whether the gear is appropriate, remember that ideally, base layers should be wicking and outer shells will be breathable. If you have any questions, please reach out to NatureRx (cynthia.s.jones@uconn.edu) or the UConn Adventure Center for tips (<https://recreation.uconn.edu/adventure-center/>).

