

What to wear in the Arctic climate

BASE LAYER

- WOOLEN UNDERWEAR
- WOOLEN SOCKS

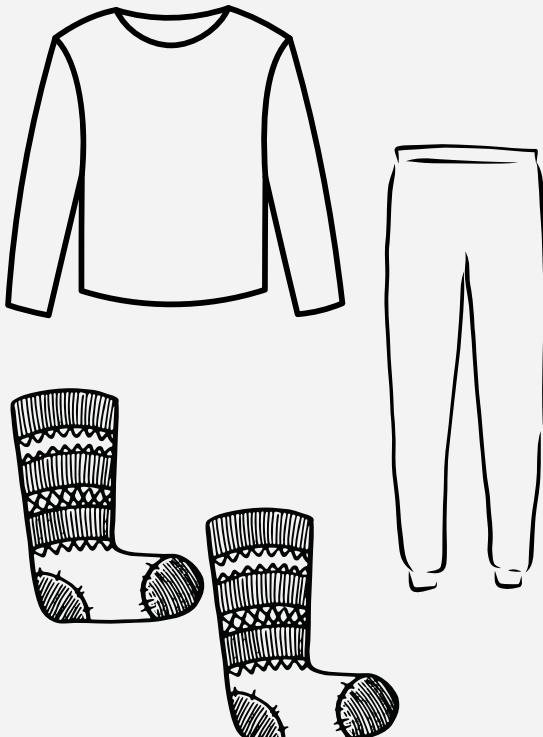
(2 PAIRS IF ENOUGH ROOM LEFT IN THE SHOES)

MIDDLE LAYER

- THICK WOOLEN SWEATER
- ANOTHER LAYER OF NON SYNTHETIC MATERIAL
- DOWN FEATHERS HEATS UP BY YOUR BODY

OUTER LAYER

- WATER AND WINDPROOF MATERIALS
- WINDPROOF HAT AND GLOVES.
- SCARF OR SOMETHING TO COVER FACE



Think: Layers - so that you can regulate the warmth or the cold whenever necessary.