

## Required Clothing

You must have at least one set of everything, except as noted.  
A second set (or more) is highly recommended as you will likely get wet.



### General Guidelines

- **No cotton anywhere – even your underwear and socks!**
- Use multiple thin layers that can be combined or removed to prevent sweating.
- Strive for plenty of zippers or other openings to allow for venting.
- The general layering guideline is 3:2: 1. The torso is covered with 3 times more clothing than, and the limbs with twice as much as the feet, head and hands. Slightly cooler hands and feet actually stimulate your body to produce more heat.
- Remember that your agency can dictate what you look like on the outside, but not what you wear underneath or what you carry in your pack for emergencies. Agency-issued clothing is often inadequate for winter field work, so ensure the layers underneath are the best you can afford.

**Wicking:** thin silk / wool / synthetics which will quickly move sweat away from your skin

- Liner gloves
- Liner socks
- Long underwear bottoms
- Long-sleeved top, if turtleneck it should have a neck zipper to vent

**Warmth:** wool / synthetics / down; better to have several thin layers (of increasing sizes) than one thick layer

- Shirt(s) / jacket(s) / sweater
- Pants
- Stocking cap / balaclava (one of each is recommended)
- Neck gaiter (if not using a balaclava)
- Socks; heavy, tall hiking style (at least 2 sets required)
- Mittens / gloves; some of each is best (at least 2 sets required)

**Wind:** wind proof and water resistant, but breathable and uninsulated.

- Jacket, preferably with hood
- Pants, preferably full side zip (bibs optional)
- Gaiters, knee-high
- Overmitts
- Booney style hat (if no hood)
- Waterproofed boots must fit snowshoe bindings, be warm and comfortable but still give good support

## Optional Clothing

While not required, these are highly recommended.

- Lightweight pair of boots / shoes for classroom sessions
- Civilian clothes for networking evening and other off-duty times
- Vest; to augment your Warmth layer
- Over-whites for camouflage; synthetics are better than cotton (even Tyvek coveralls)