



## Winter Running Guide: How to Dress for the Weather

		<b>Heavy Precipitation (snow or rain)</b>	<b>Moderate Precipitation</b>	<b>Light Precipitation</b>	<b>Dry</b>	<b>Dark</b>
20° to 40°	<b>Outer shell</b>	Waterproof or breathable water resistant vest/jacket and pant/tight	Waterproof or breathable water resistant vest/jacket and pant/tight	Water resistant/ breathable vest/jacket and pant/tight	Breathable vest/jacket and pant/tight	Reflective jacket or vest
20° to 40°	<b>First layer insulation</b>	Lightweight	Lightweight	Lightweight	Lightweight	
20° to 40°	<b>Accessories</b>	Gloves & hat: water resistant and breathable; yak trax	Gloves & hat: water resistant and breathable; yak trax	Gloves & hat (optional); yak trax	Gloves & hat (optional)	Lights, reflective bands
0° to 20°	<b>Outer shell</b>	Waterproof or breathable water resistant vest/jacket and pant/tight	Waterproof or breathable water resistant vest/jacket and pant/tight	Breathable water resistant vest/jacket and pant/tight	Breathable vest/jacket and pant/tight	Reflective jacket or vest
0° to 20°	<b>First layer insulation</b>	Midweight and/or lightweight	Midweight and/or lightweight	Midweight and/or lightweight	Midweight and/or lightweight	
0° to 20°	<b>Accessories</b>	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal	Lights, reflective bands
-20° to 0°	<b>Outer shell</b>	Waterproof or breathable water resistant jacket and pant	Waterproof or breathable water resistant jacket and pant	Breathable water resistant jacket and pant/tight	Breathable jacket and pant/tight	Reflective jacket or vest
-20° to 0°	<b>First layer insulation</b>	Midweight plus fleece	Midweight plus fleece	Midweight plus fleece	Midweight plus fleece	
-20° to 0°	<b>Accessories</b>	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal; windproof underwear; arm warmers; yak trax	Lights, reflective bands

### Wind Chill Factor

10mph wind = a temperature drop of about 15°  
 15mph wind = a temperature drop of about 20°

20mph wind = a temperature drop of about 25°  
 30mph wind = a temperature drop of about 35°