

## 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)