

# STAY WARM, STAY DRY!

Remember, to stay warm, you must stay dry. That means not only water-repellency but "breathability". Many synthetics cause perspiration and cool the child rather than protect from the cold. Vinyl gloves and mittens, for example, are not good in the snow. Forget gloves except for spring skiing, and get leather mittens insulated with feathers or fiberfill, and with tight bands at the wrist. Treat them frequently with a water-repellent preparation. It's best to bring along a change of mittens in case the first pair gets wet. The layered approach is the best way to add

insulation as you proceed to the outer garments. It not only trap air in between, but permits you to adjust to temperature changes. However, avoid over-wrapping your child. Bulkiness can restrict mobility, which will lower heat production and interfere with the freedom of action necessary in skiing.

Outer clothes should not be tight fitting, but should be wind-resistant, water-repellent and snow-tight. Don't buy for 'next year' if it means loose clothing; loose clothes catch on protruding objects. If you want clothes to last more than one

season, get closer-fitting stretchables. They're more expensive, but the extra wear may make them a sounder investment in the long run.

The extremities are usually the hardest to keep warm. A wool hat that covers the ears is a must (the nylon hood from the parka is not enough). Acrylic may be easier to care for, but it does not warm as well. Ditto for socks; watch for wetness here in particular. Don't let kids run around bootless on wet lodge floors. Again, extra pairs to change into when socks get wet makes a lot of sense.

Dampness can be a cold-foot culprit in several other ways, too: Bring several pairs of socks and change when your feet feel damp. Socks should be washed in a detergent that doesn't contain fabric softener.

**Dampness is a cold-foot culprit**

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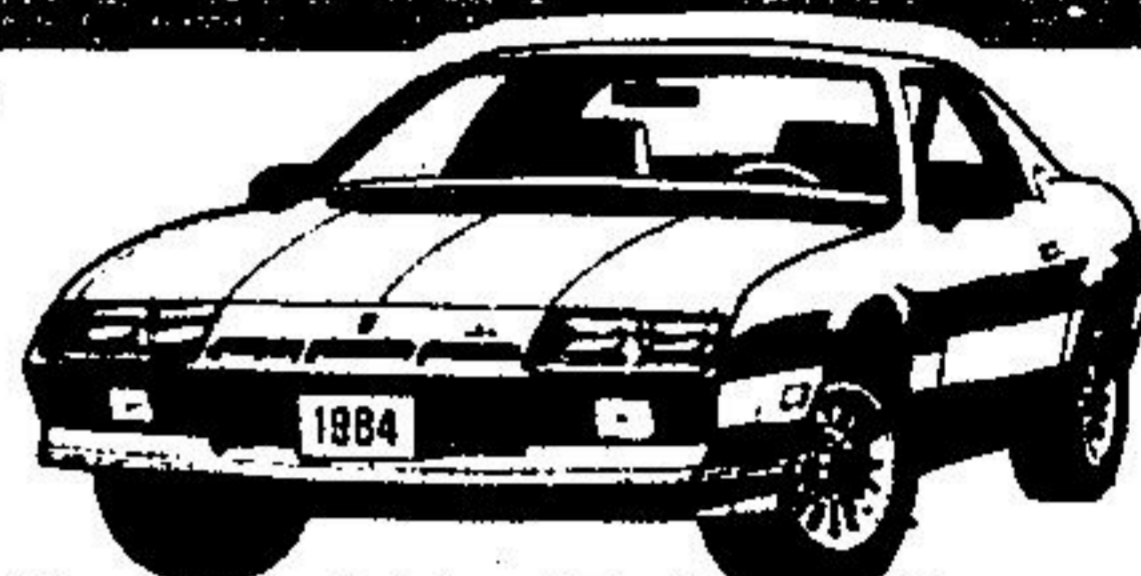
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