

How to dress for the Sun Life Pentathlon des neiges

The best way to dress for winter is to layer your clothes. This allows you to add or remove layers, depending on the temperature and activity.

Don't underestimate the risks associated with cold weather, especially the risk of frostbite, a cold burn that usually affects the extremities of the body (toes, ears) and exposed surfaces of the face (nose, cheeks, chin) and is painless, at least until it thaws in the heat. Fortunately, preventing frostbite is simple; just dress for the cold.

Dress for the weather

- Several thin layers of loose-fitting clothing keep your body warm and allow air to circulate.
- Mittens are warmer than gloves.
- It is important to wear a toque, as the head cooling can accelerate the dreaded effects of hypothermia.
- If it is extremely cold, cover your mouth with a scarf or neck warmer to protect your lungs from the cold air.

The 3-layer principle

The 3-layer principle consists of wearing several layers of clothing, the closest to the body allow perspiration to escape easily. The other layers keep the heat in. You should therefore wear moisture-absorbing underwear and change it at the end of the day.

1) The first layer:

This is the first layer you put on, usually long underwear. For this, synthetic fibers provide the best results. It will keep you warm, dry and comfortable. Avoid jeans that don't retain heat or footwear tights that don't allow for sock changes.

2) The second layer (insulation):

It traps heat. It includes sweaters, training sweaters and vests. Synthetic polyester fiber (fleece) is very effective. Wool can be a second option.

3) The third layer (protection):

The outer layer, coat and snow pants, is used to protect you from winter elements like snow, sleet or rain and to block the wind. It should be loose fitting, breathable and waterproof. Avoid jeans, cargo pants and fleece pants, as they are not only not warm, but also get wet very easily.

Toque - Neck warmer - Gloves and mittens - Socks – Boots

We suggest that you bring a change of clothes because after the activity, they will probably get wet and you will become cold.

- Gloves and mittens made of waterproof and breathable fabrics. Do not wear mittens or gloves that are too tight. There should be some air at the fingertips to serve as extra insulation.

- Light to medium socks are ideal for layering during activity. A good pair of wool socks to replace the ones used for his activity is the best relief.
- Be sure to dry the inside of your boots the day before your activity; moisture is the worst enemy!

During my activity, I keep my toque and my mittens! After my activity, I change my socks and put my winter boots back on!

In summary: What should I bring for a day at the pentathlon?

- 2 pairs of socks: one thicker and one thinner, so that you can layer them if necessary. Choose wool which is an excellent insulator.
- 1 set of warm underwear, covering arms and legs. Avoid cotton and prefer synthetic fabric, which breathes better.
- 1 wool or fleece sweater
- 1 warm long sleeve jacket
- 1 pair of mittens
- 1 a pair of small woolen gloves to put under the mittens
- 1 toque or hat
- 1 scarf, or better, a neck warmer