



DRESS FOR THE DEEP FREEZE

THERMAL LAYERING GUIDE



// DRESS FOR THE DEEP FREEZE

Layers are the key to surviving – and thriving – through the months of sub-Zs and snow dumps ahead. Because there is no single magic garment able to adapt to all the ever-changing environmental variables of winter the way a proper layering system can. So, layer up, and bear down. Here's your guide to the protective barriers needed to combat Mother Nature.



// BASE LAYERS //

QUICK-DRYING, MOISTURE-WICKING PERFORMANCE

When the goal is to stay warm, productive and agile, a moisture-wicking, quick-drying layer is key. Venting under arms and a slightly loose, non-compression fit also creates a breathable layer of air insulation.

// MID LAYERS //

PROVIDES INSULATION AND TEMPERATURE CONTROL

The human body loses 65% of its heat through radiation once the air temperature drops below 68°F (20°C). And this second layer – often your work gear or uniform – not only provides an added layer of insulation from the cold to trap body heat, but allows the wearer to react to changing temps and adjust their warmth by removing or adding layers as needed.

// OUTER LAYERS //

BREATHABLE WEATHER-BUSTING PROTECTION

Wind and precipitation pull heat away from the body (AKA, convection). To guard against this, the third layer features durable materials designed to stand up to abrasion, wind, rain and snow, as well as the cold.

But keeping the nasty stuff out is only half the battle. Insulated shells should also allow for air and moisture to pass through to the outside, with venting adding another level of temperature control.

MILD WEATHER LAYERING GEAR



6887 2-LAYER WINTER HEADBAND



"Sometimes you prefer not to wear a full hat, but your ears beg to differ."



6806 CUFFED RIB KNIT BEANIE HAT

8366 LIGHTWEIGHT HI-VIS RAIN JACKET



6485 HI-VIS LIME MULTI-BAND



"Jack-of-all-trades! Balaclava in the cold.. sweatband in the blistering sun."

6436 LONG SLEEVE LIGHTWEIGHT BASE LAYER SHIRT

816 THERMAL HALF FINGER WINTER WORK GLOVES



6481 LIGHTWEIGHT BASE LAYER PANTS



6325 SPIKELESS TRACTION DEVICES

COLD WEATHER LAYERING GEAR



6960HV FLEECE NECK GAITER



6823 BALACLAVA FACE MASK



"...best face mask I've ever worn."



6468 HEAVY-DUTY DUCK CANVAS WORK JACKET

6435 MIDWEIGHT LONG SLEEVE BASE LAYER SHIRT



"Keeps me warm on cold mornings and comfortable when it gets warm later in the day."

6480 MIDWEIGHT BASE LAYER PANTS



7501 COATED WATERPROOF WINTER WORK GLOVES



6300 SLIP-ON ICE CLEATS



NEED A BOOST? // The addition of a warming pack to pockets, boots and gloves provides a convenient and versatile way to heat areas that need it the most – like extremities!



EXTREME WEATHER LAYERING GEAR



6955 INSULATED 3-LAYER BALACLAVA



6802 CLASSIC TRAPPER HAT



6997 ADHESIVE BODY WARMERS



6466 HEAVY-DUTY WINTER WORK JACKET



"I've been working outside for over thirty years. This is without a doubt the best jacket I have owned."



825WP THERMAL WATERPROOF WINTER WORK GLOVES



6980 WINTER HAND WARMER MUFF



"...very comfortable on my waist, I barely remember it's there... until my hands get cold."

6471 HEAVY-DUTY INSULATED BIB OVERALLS

6310 ADJUSTABLE SLIP-ON ICE CLEATS





A LAYERING SYSTEM FOR ANY CLIMATE YOU ENCOUNTER

GO TO ERGODYNE.COM/COLD-STRESS FOR ALL THE INFO AND GEAR YOU NEED TO KNOCK WINTER OUT COLD

// MILD WEATHER GEAR



6806 CUFFED RIB KNIT BEANIE HAT // 6887 2-LAYER WINTER HEADBAND // 6485 HI-VIS LIME MULTI-BAND // 6436 LONG SLEEVE LIGHTWEIGHT BASE LAYER SHIRT // 8366 LIGHTWEIGHT HI-VIS RAIN JACKET // 816 THERMAL HALF FINGER WINTER WORK GLOVES // 6481 LIGHTWEIGHT BASE LAYER PANTS // 6325 SPIKELESS TRACTION DEVICES

// COLD WEATHER GEAR



6823 BALACLAVA FACE MASK // 6960HV FLEECE NECK GAITER // 6435 MIDWEIGHT LONG SLEEVE BASE LAYER SHIRT // 6468 HEAVY-DUTY DUCK CANVAS WORK JACKET // 7501 COATED WATERPROOF WINTER WORK GLOVES // 6480 MIDWEIGHT BASE LAYER PANTS // 6990 HAND + 6995 INSOLE FOOT WARMERS // 6300 SLIP-ON ICE CLEATS

// EXTREME WEATHER GEAR



6955 INSULATED 3-LAYER BALACLAVA // 6802 CLASSIC TRAPPER HAT // 6466 HEAVY-DUTY WINTER WORK JACKET // 6997 ADHESIVE BODY WARMERS // 6980 WINTER HAND WARMER MUFF // 825WP THERMAL WATERPROOF WINTER WORK GLOVES // 6471 HEAVY-DUTY INSULATED BIB OVERALLS // 6310 ADJUSTABLE SLIP-ON ICE CLEATS