

**WHEN BUYING OUTDOOR
CLOTHING CONSIDER**

- Weight
- Wicking/breathing ability
- Drying time • Warmth • Fit
- Use – Tramping?
Mountain biking? Other?

GOING BUSH CLOTHING

**PROTECT YOURSELF FROM
THE COLD, WET & WIND**

- Cover-up with a parka
& overtrousers
- Wear a warm hat & mittens
- Pull up your parka hood to
reduce heat loss
- Wear warm garments made
of wool, polypropylene or
polyesters (fleece)
- Wear layers of clothing
2 light layers are warmer
& more versatile than
one thick one
- Wear longjohns for
extra warmth

For protection from the sun
wear a sun hat, sunglasses
& sunscreen

HEAT LOSS

Without a parka the
insulation value of your
clothing will be reduced
by up to 40% in the wind,
& another 50% if it
becomes wet.

Up to 70% of body heat
can be lost from your
head & neck.

**GO PREPARED FOR THE
WORST CONDITIONS**

Overnight gear

- Parka
- Overtrousers – windproof
- Warm hat
- Gloves or mittens
- Gaiters/puttees
- Boots – sturdy, good fit
- Socks (2-3 pairs)
- Warm underwear
- Longjohns/trousers
- Warm medium-weight tops (2)
- Jacket/jersey (2)
 - 1 lightweight
- Shorts – quick drying
- Summer top for hot weather

Day trips – always take a parka,
sound footwear & warm clothing