

Student Resource: There Is No Such Thing as Bad Weather, Only Bad Clothing! - Observation Sheet

Name:

I can apply clothing layering techniques when participating in outdoor winter activities.

First layer: wicking fabric close to the skin to allow for sweat to evaporate.

Comments:

Second layer: insulating layer that will hold body heat close to the body.

Comments:

Third layer: protective clothing to protect against the wind and rain.

Comments:

