



# Out & Grown

## Winter Adventure Basics

in partnership with  turtlefur

### Dress in Layers!

#### BASE LAYER

Tight fitting  
Closest to skin  
Wicks sweat to keep you dry



Avoid cotton!

Merino wool 👍

Synthetic 👍  
(polyester, nylon)

#### MID LAYER

Keeps you warm!  
Insulating  
Fleece & wool, think fluffy!



Footed Fleece PJs are an awesome mid-layer for babies and toddlers!

#### OUTER LAYER

Protects you from the elements



Waterproof 💧

Windproof 🌀

Breatheable!

#### HANDS & FEET

Wool or synthetic socks are better than cotton.

Use adult wool socks as a backup/extra layer to stretch over cold fingers & toes.



Kids wool socks can make great mittens in a pinch!

Add an extra layer of socks to rainboots to play in the snow!



Winter adventures might be shorter and end sooner than summer ones, but they're worth it! **10 minutes outside** can raise serotonin levels, increase Vitamin D production, boost immunity and relieve stress! So step out, embrace the season, and feel better once you do.

### Baby Basics

Babies tend to need one more layer than you are wearing



Check the back of baby's neck to see how warm/cool they are. Drape a blanket or remove a hat for quick temp adjustments!



A soft carrier counts as a layer and can keep baby extra cozy!



### Pro Tips

- **Bring Extra Clothes!**  
And bring more than you think! Quick changes of wet or dirty items keep everyone happy longer!
- **Hot Cocoa for the win!**  
Sipping on a thermos of hot cocoa or tea is a fast way to get warm quickly!
- **Instant Hand Warmers**  
Keep these in your pockets to warm little hands & feet. Hands & feet get cold first, check them often!