



**WHAT TO WEAR FOR AN
ALASKA WINTER**

CLOTHING CHECKLIST FOR AN ALASKA WINTER

KEEP WARM WHILE ENJOYING THE NORTHERN LIGHTS IN ALASKA



PHOTO BY MIKE HAGGERTY

- ☐ **Top and bottom base layer.** Wear a midweight to heavyweight wool or synthetic base layer that fits snugly to your body. Avoid cotton, as it holds moisture and isn't a great insulator.
- ☐ **Mid insulating layer.** This layer should be a bit looser; wear a midweight fleece or pile jacket. Top only.
- ☐ **Outer layer.** A down or synthetic down parka is important to top it all off. Many companies (like L.L. Bean or Patagonia) will give you a weather rating for their parkas. Look for a coat good to -20 degrees. If you are actively moving about, you may only need the first two layers. But in temperatures below 0 degrees, you'll be glad to have this final layer. For bottoms, choose waterproof snow pants that have additional insulation to add to the warmth of your long underwear.
- ☐ **Mittens, glove liners & hand warmers.** Remember that the warmest pair of gloves isn't as effective as a good pair of mittens. The glove liners can stay on when you pull off your mittens to capture that award-winning photo.
- ☐ **Good Boots, Socks & Toe Warmers.** Warm feet are a must. If you can, purchase boots rated at -20 to -40, then add a pair of wool-blend or fleece socks. If you already have a pair of boots but are concerned they won't be warm enough, toe warmers can usually make up the difference. Avoid the brand Little Hotties—they don't work well in cold temperatures! Instead, try Grabbers. They have adhesive that sticks to the outside of your sock to keep them in place—and they last for 6+ hours. To get them hot fast, open them up and shake them around to get some air circulating through them.
- ☐ **Hat & Scarf or Balaclava.** A hat paired with a balaclava or scarf that will cover your nose and cheeks is a winning combination. If you're active and get warm, swap the hat for a headband—but keep those ears covered to avoid frostbite!