



**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!