



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating

How to Dress Properly for the Extreme Cold = LAYERS

1) Base Layers: As you contemplate your best, warmest base layer option, keep in mind these three tips for maximum warmth: A. Your base layer should fit as snug as possible without being constrictive. B. You should avoid the “waist gap” caused by an insufficiently long top layer that pulls away from your bottoms when you lean forward. C. Choose polyester or wool fabric and avoid cotton at all costs, which will rapidly absorb moisture and suck away precious body heat.

2) Mid-Layers: For the top, my preferred system is a warm vest and thick fleece jacket. This gives me three insulating layers over my torso while avoiding the bunching challenges often caused by having three different sleeves over top of each other. For the bottom, my preferred option is a pair of zip-on/zip-off synthetic fill pants; the full-length side zippers allow me to take the pants on and off without having to pull them over bulky winter footwear.

3) Shell Layers: You'll want a windproof outer layer to block any breeze. For the bottom half, I strongly recommend choosing bibs over pants, which offer much more complete coverage, especially around the waist. Softshells are windproof and more breathable but not fully waterproof, which is OK in super cold conditions where liquid water is a rarity). Hard shells feature Gore-Tex or the equivalent and are windproof and waterproof, but less breathable.

4) Boots & Socks: For casual around-town use and short outings like walking the dog in the woods, tromp around in a pair of insulated winter boots with thick wool socks. For long winter hikes, wear a pair of mountaineering boots and a triple-sock combo of liner socks, vapor barrier liner (VBL) socks, and a thick wool sock over the top.



5) Gloves & Mittens: The warmest combination by far is a pair of liner gloves inside a pair of thick mittens. For the liner gloves, you'll want the thickest option that still gives you full dexterity and does not require you to take them off for small tasks. For the mittens, thicker equals warmer though you don't want them so puffy that they completely lose all dexterity.

6) Headwear: Go with three core items: a neck gaiter, liner balaclava, and windproof hat. Add a face mask and goggles if I'm out in extreme conditions where you cannot have a single square inch of skin exposed.

Activities for A Cold Winter Day!

- 1) Nap
- 2) Plan A Summer Vacation
- 3) Make an Awesome Breakfast
- 4) Make Candy
- 5) Take an Online Class or Tutorial
- 7) Redecorate
- 8) Pajama Day in Bed
- 9) Take a Luxurious Bath
- 10) Shop Your Closet
- 11) Indoor Fort
- 12) Check Out Some Good Blogs
- 13) Afternoon Tea
- 14) Catch Up With Family and Friends
- 15) Make Grilled Cheese and Tomato Soup
- 16) Video Game Marathon
- 17) Popcorn and Movie Day
- 18) Scrapbooking
- 19) Bake Something
- 20) Catch Up on Your Shows
- 21) Make Soup



Ready Reads

*The Lion, the witch,
and the wardrobe: The
Chronicles of Narnia*

by C.S. Lewis

*How your brain
responds to stories -
and why they're crucial
for leaders*

with Karen Eber

<https://www.youtube.com/watch?v=uJfGby1C3C4>

Shameless Showtime

Waterworld

On Netflix

*The Welsh call
February "y mis
bach" which means
"little month"*

Thoughtful Thinking

Fact of the week