

# HOW TO DRESS IN NORWAY

Layering:

**By dressing in layers that allow for heat retention and moisture deflection, you can keep comfortable, happy and dry. of layering is to allow one to easily add and subtract layers to adjust to the temperature.**

**To layer properly, break dressing into three basic layering groups.**

First Layer (closest to your skin)

**The first layer of clothing should consist of long johns or similar made of wool - that dont itch. These fabrics allow for heat retention and and moisture to evaporate. Be sure that the base layer does not contain cotton. Cotton tends to absorb moisture and cling to the skin, which will make you cold no matter how many layers you are wearing. Wool is extremely popular here in Norway and you can find almost everywhere - even supermarkeds.**

Second layer

**This is the layer which will provide insulation and will help to trap in heat by trapping air close to the body. Air is a great insulator, especially when it is trapped between fibers and can't convect (move) heat from your body to the outside world. Material like fleece, polyester or wool would work well. You can put on and remove insulating layers depending on how cold it is. When your feel too warm, you should take off the insulating layers, not the outer layer.**



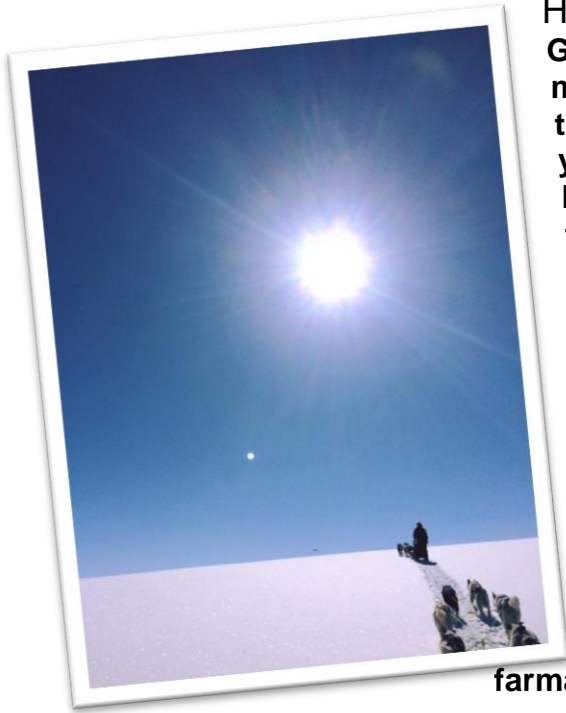
Third layer

**This will be the topmost layer. Here, moisture deflection is of utmost importance.**

**Winter jackets and pants or snowsuits would work well. Be sure to look for material which is both wind- and water-resistant AND breathable. Also make sure to buy suits that are loose fitting enough that you can easily add insulating layers underneath without your feeling overstuffed.**

Head and neck

**Always be sure to cover your head and neck in the winter. Beanies, balaclavas and neck warmers work really well. It is nice to have something that you can pull over your face if it is biting cold the day you are going dogsledding. Geilo Husky sells thin "face and neck protectors" for 50 NOK. A nice souvenir!**



## Hands

**Gloves allow for more freedom of movement but mittens are better for heat retention because they allow more warm air to circulate around your fingers. If you have thin gloves for handling the dogs and thick mittens to have on top when you drive the dogs, it will make you have both. Select the water/wind proof mittens.**

## Skin protection

**Winter can be extremely drying for the skin so applying moisturizing cream to any exposed areas of your kin is a good idea. Applying sunblock is also important on sunny winter days especially when there is snow as the sun's rays are reflected off the snow.**

**Be sure the cream don't have water in it if its really cold. Ask for "kuldekrem" in the pharmacy in Norway.**