

RECOMMENDED WINTER WEAR

Dog sledding is an activity that can get you sweating and keep you pretty warm, even in colder temperatures. In very cold temperatures though, it is more difficult to stay warm. With those two points in mind, it is important to remember to dress appropriately with layers. This is vital in temperatures that will make you warmer, if you get too sweaty, you will eventually get very cold. So you will need to remove and add layers as and when appropriate. The following information is a guideline to help you make your choices in dressing for a dog sled tour.

Layers

Wearing several layers is a good idea, you can take one or two off if you get hot, or you can add on if you are feeling cold. First layer should be a thin silk, poly pro or smart wool type of layer. The second layer should be a thicker fleece or micro fleece. The outer layer should consist of a windproof fabric that is breathable. Three to four layers is a good base to use for warmth. It is a good idea to carry along an extra layer or two, particularly if it is cold outside.

Ventilated Clothing

Some jackets and ski/rain pants have side zips for venting if you get too hot, this allows you to prevent your self from sweating.

Footwear

Two pairs of socks will help to keep your feet warmer. The best combination we have found is a thin layer of smart wool socks with a thicker wool layer over top. It is important to ensure none of this is tight or will cut off circulation and make you cold. Other combinations that work are silk and poly pro or similar fabrics.

Boots should be a Sorrel type. They should come at least part way up the calf, be rated as a good winter boot that is made for at least minus 20 degrees Celsius with a lining inside. They should be at the very least water resistant.

Running shoes are not acceptable, light hikers will suffice in warmer temperatures but are not advisable

Head Wear

A good hat will help keep the heat in.

A balaclava will keep your face warm if the temperatures are colder (particularly if it's windy).

A scarf is a good idea if your collar is low.

Sunglasses are necessary (even on cloudy days). The sun and snow reflecting into your eyes can cause painful snow blindness, so eye protection is important. Ski goggles work well too.

Hand/Foot Warmers

When the temperature drops fairly low, hand and foot warmers will keep your extremities from getting really cold. Your guides may have some spare.

Things to Keep in Mind

For your clothing avoid cotton at all times (jeans, cotton shirts, socks, etc) Cotton will strip heat from your body nine times faster than if your body were completely bare!

If you wear ski pants or an entire ski outfit, ensure you have layers that you can wear underneath so you can take the ski pants off if you are getting too hot. Mostly important on longer tours.

In the Rockies you will be exposed to triple the effects of UV light because of the thin ozone layer, the altitude and the reflection from the snow, so you should be wearing sun block of at least 30 SPF.

Remember to protect your lips and bring along some lip balm with a SPF of at least 15.

Fabrics that Work

Wool Poly pro Polyester Silk Gore-Tex or similar fabric

Fur Fleece (windstopper is a great one for an outer layer)

*If you do not have any winter clothing, feel free to contact us at (403) 609-3671, toll-free at 1-877-662-3364 or by email at info@maddogsexpeditions.com and we can see if we can help you out as we do keep a small supply of extra winter gear on hand. We can also direct you to the closest winter gear rental shop. This must be discussed though prior to your arrival at our location.