

SORRISNIVA

Alta, Norway

How to dress for the Cold & Winter Activities

General Information: Cotton offers next to no protection against the cold, so jeans and cotton hoodies won't keep you warm. Same goes for cotton undershirts and socks - the golden rule is that the first layer on your skin should be wool if possible (for sensitive skin: try merino wool or use synthetics if you have to). Wearing several layers will enable you to take off or put on clothes according to what you need - freezing isn't good, but sweating isn't either. Especially when you come back inside you should be able to remove several layers so that you don't overheat. Now enjoy the experience!

