

Cold Weather Preparedness Tips

Dressing for Cold

- ✓ Wear loose-fitting, lightweight clothing in several layers.
- ✓ Remove layers to avoid perspiration and subsequent chill.
- ✓ Outer garments should be tightly woven, water repellent, and hooded.
- ✓ Wear a hat.
- ✓ Cover your mouth to protect your lungs from extreme cold.
- ✓ Mittens, snug at the wrist, are better than gloves.
- ✓ Try to stay dry.



National Weather Service
Binghamton NY

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