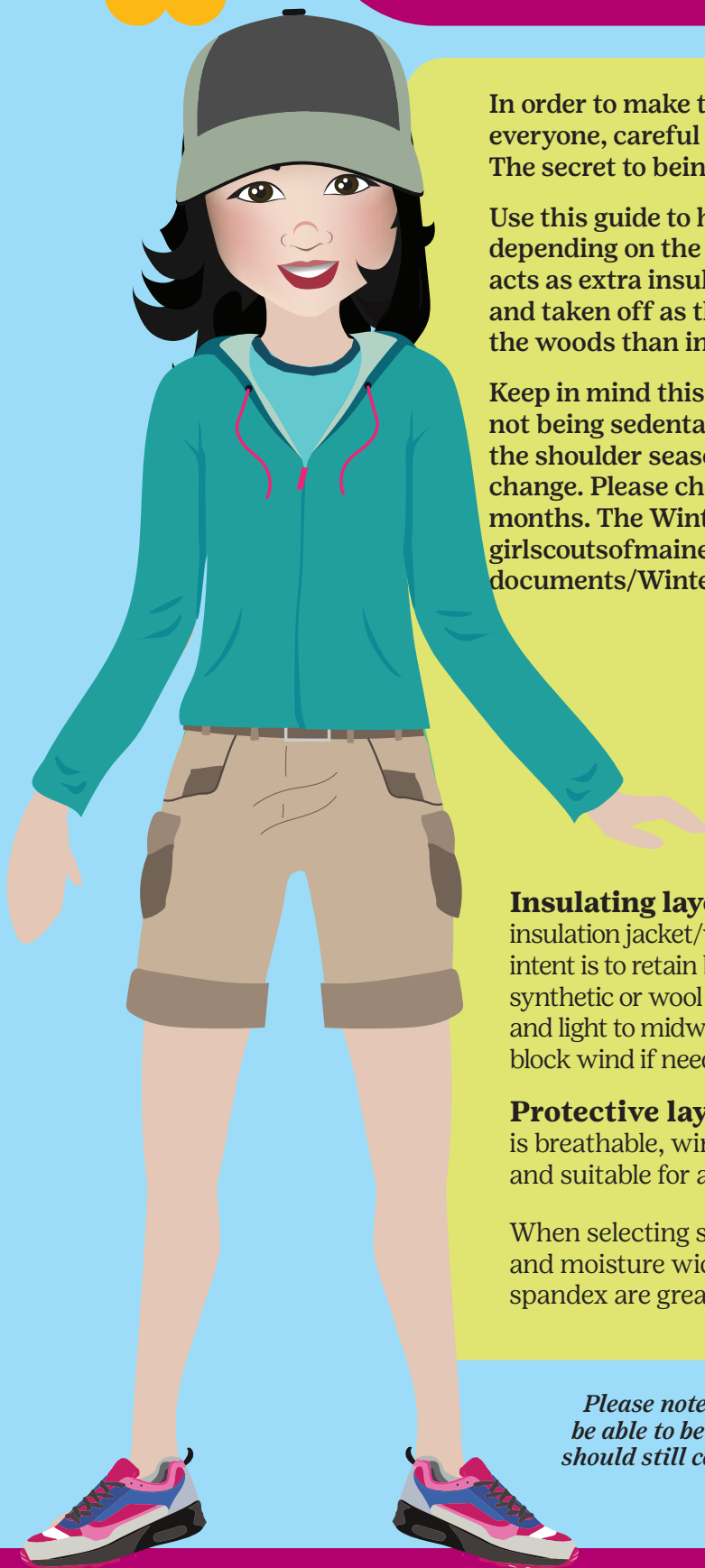


Dressing for the weather



In order to make the outdoor experience a fun and comfortable one for everyone, careful thought and planning should be given to what is worn. The secret to being comfortable in the out-of-doors is to dress in layers.

Use this guide to help determine what to wear on your next adventure depending on the temperature. Each garment traps a layer of air which acts as extra insulation. Layers can be added as the temperature drops and taken off as the body warms up. It is usually 10-15 degrees cooler in the woods than in town.

Keep in mind this guide is for when you are doing outdoor activities and not being sedentary. Please consider packing extra layers, especially in the shoulder seasons like Spring and Fall where temperatures frequently change. Please check out our Winter Layering Guide for the colder months. The Winter Layering Guide can be found here: https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Winter_Layering_Guide.pdf

Examples of layers:

Base layers: Often made of wicking (synthetic, wool or silk) fabric. Long sleeve moisture wicking shirt and capris or full length pants are recommended. In warmer months, t-shirts and shorts made of the same wicking material would be recommended. They are intended to wick sweat off your skin.

Insulating layers: These are usually a top and bottom like fleece/synthetic insulation jacket/vest/pants/Ultraviolet Protection Factor (UPF) clothing. The intent is to retain body heat to protect you from the cold. Dress in layers of synthetic or wool that won't trap moisture. Start with a base layer top, bottoms and light to midweight socks. Add a fleece top, tights and/or shell pants that block wind if needed.

Protective layer: In warmer weather, this is usually a jacket that is breathable, windproof and water-repellent, which makes them practical and suitable for all kinds of weather. A good example would be a rain jacket.

When selecting socks for outdoor activities, try to avoid cotton. Merino wool and moisture wicking materials like synthetics such as nylon and lycra spandex are great choices for socks.


Please note that while all items in this guide may not be able to be cut out and worn by Acadia personally, we should still consider packing them when using this guide to prepare for our adventures.

girl scouts
of maine

“There’s no such thing as bad weather, only inappropriate clothing” – Sir Ranulph Fiennes

Dressing for the Weather Guide

Temp	Base Layer	Insulating Layer	Protective Layer	Accessories
 <p>> 80°F</p>	 <p>Moisture wicking tank top</p> <p>Moisture wicking shorts</p>	 <p>Light weight breathable/ UV protection long sleeve</p>	 <p>Athletic socks</p> <p>Athletic shoes</p> <p>Hiking boots</p>	 <p>Sun glasses, sunscreen, baseball hat or sun hat</p>
 <p>70° - 80°F</p>	 <p>Cargo shorts</p>			
 <p>> 50°F > 10°C</p>	 <p>Moisture wicking t-shirt</p>	 <p>Moisture wicking thermal jacket and capris or full length pants</p>		
 <p>40° - 50°F 4° - 10°C</p>	 <p>Long sleeve moisture wicking shirt</p> <p>Capris or full length pants</p>			 <p>Light hat and gloves</p>



Cut out “flat” Girl Scout Explorer Acadia, to bring on your adventure! Be sure to cut out and use the right clothing and gear on the next few pages so that she is prepared for her adventure!

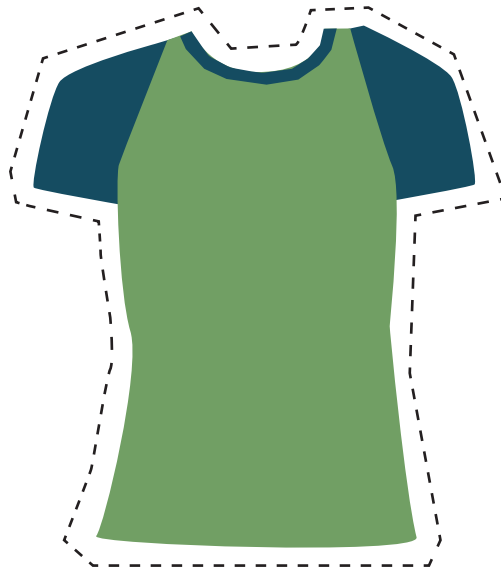
Follow this guide for layering in the spring, summer, or fall. The number of pages referenced may be different and this guide is not based solely on temperatures

Warmer weather brings many other factors to take into consideration when getting ready to explore the outdoors. For example, you may need different articles of clothing & gear for things such as bugs, rain, water sports, hiking, and extreme heat. Take a look at this guide to get ideas of what may be helpful for these conditions.

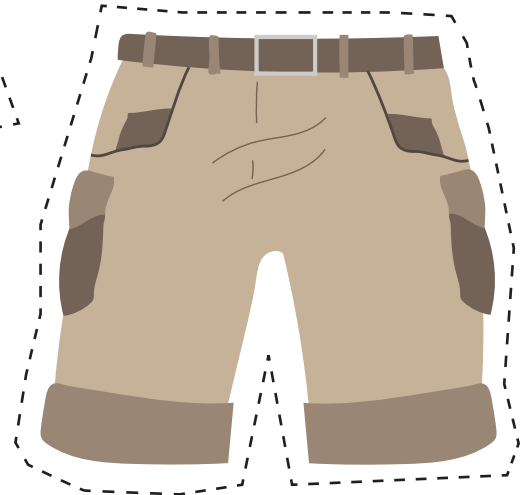
Sunny Weather

The moisture wicking tank and shorts are not featured as Acadia is already wearing them.

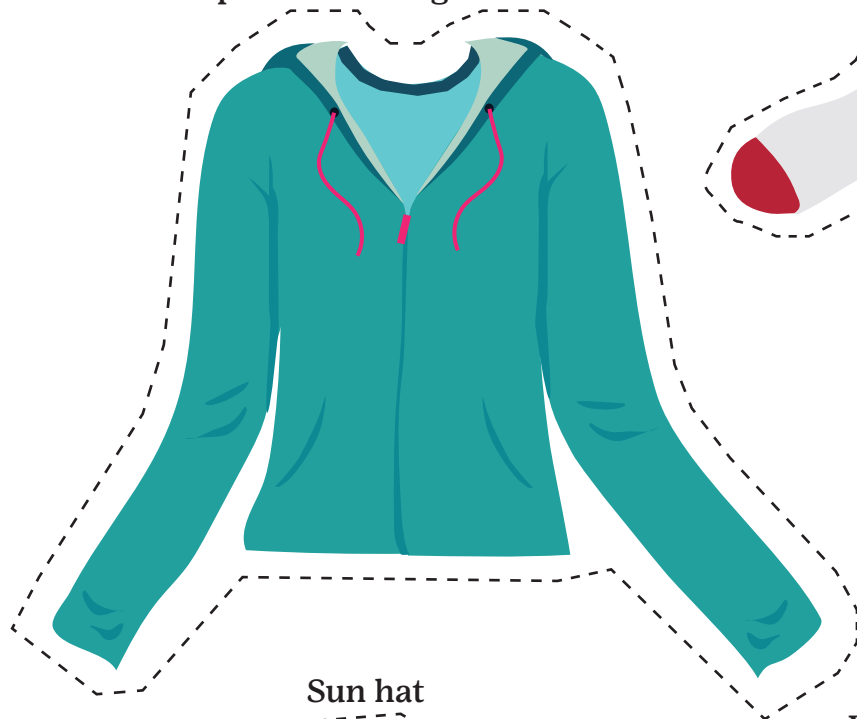
Moisture wicking
T-shirt



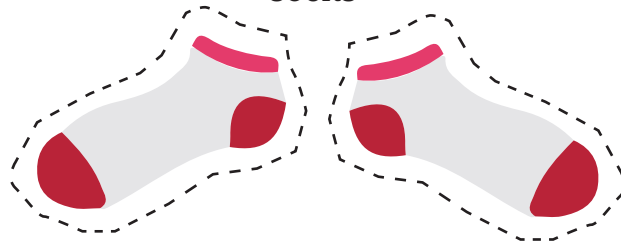
Cargo shorts



Light weight breathable/ UV
protection long sleeve



Athletic
socks



Sunscreen



Athletic
shoes



Sun hat



Baseball hat

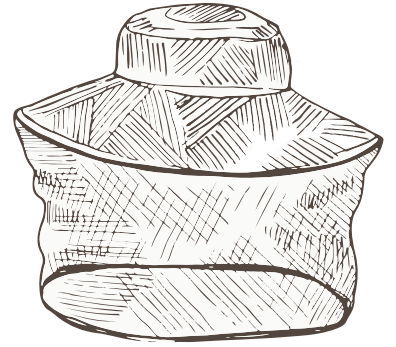


Sun glasses



Buggy Weather

Mosquito net hat



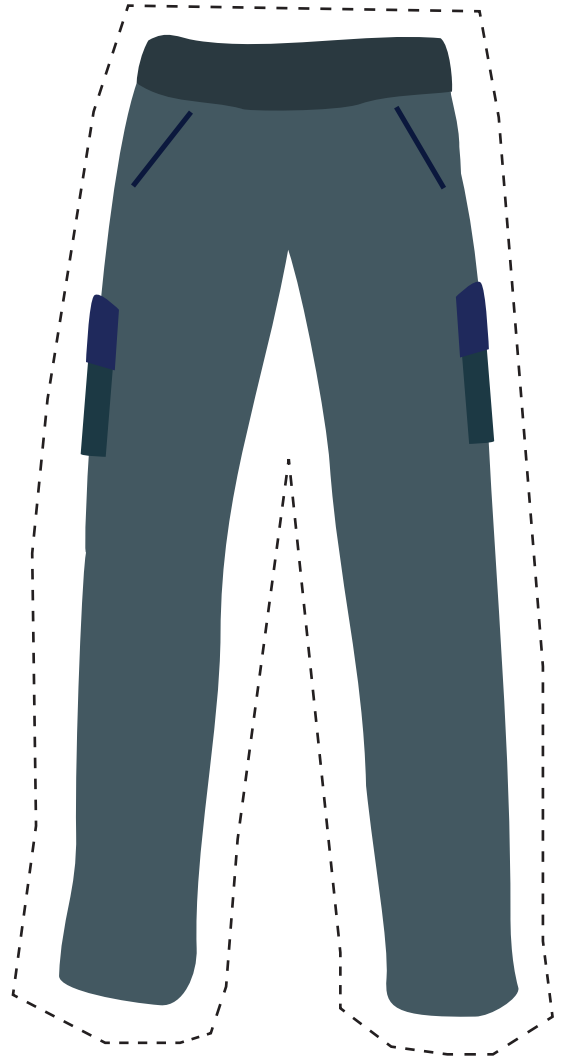
Bug spray



Longsleeve moisture wicking shirt



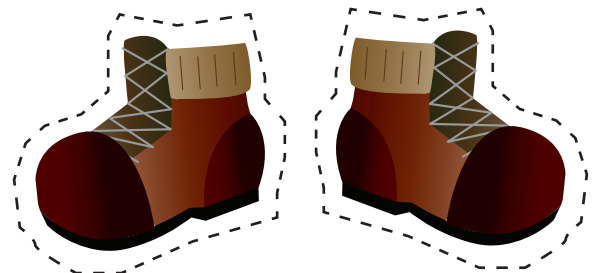
Capris or full length pants



Moisture wicking thermal jacket



Hiking boots

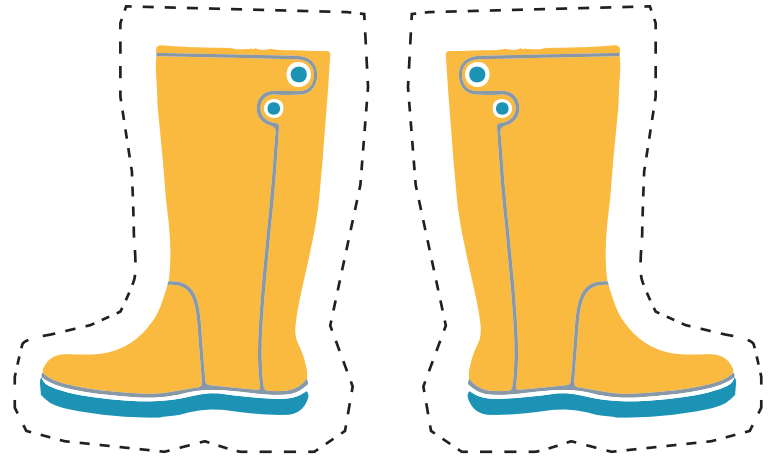


Rainy Weather

Rain jacket



Rain boots



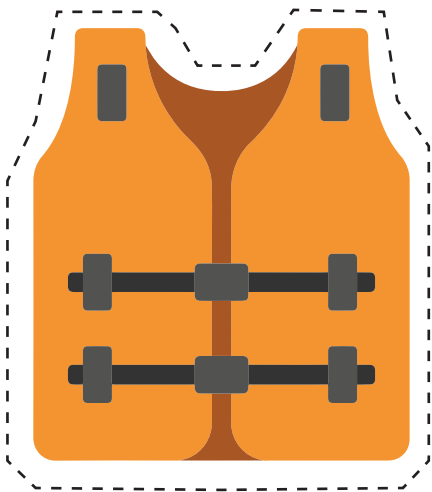
Hiking and other exploring adventures

Backpack



Water Sports

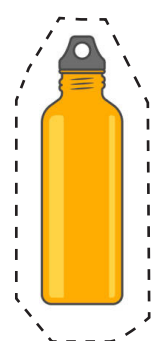
Life jacket



Waterproof bag



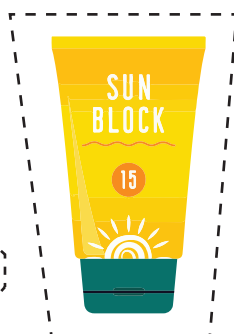
Water bottle



Snacks



Sunscreen



Water shoes

