



GLOOM WORKOUT LAYERING GUIDE

IF YOUR GONNA BE MISERABLE AT LEAST BE COMFORTABLE

OUTDOOR TEMPERATURE

BASE LAYER

INSULATING LAYER

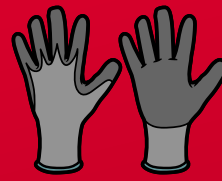
PROTECTIVE LAYER

ACCESSORIES LAYER

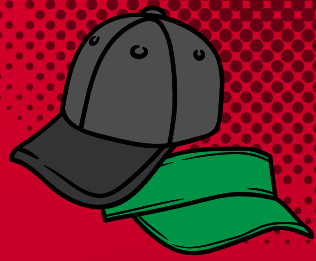
> 50° F
> 10° C



SHORT SLEEVED SHIRT & SHORTS



NITRILE OR LATEX DIPPED WORK OR GARDEN GLOVES.



HAT OR SWEAT BAND

40° TO 50° F
4° TO 10° C



LONG SLEEVED SHIRT & SHORTS OR FULL LENGTH PANTS



LIGHT SWEATSHIRT (OPTIONAL)



RAIN JACKET SHELL (FOR WET CONDITIONS)

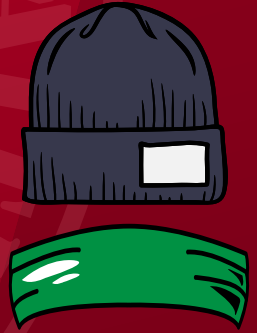
30° TO 40° F
-1° TO 4° C



LONG SLEEVED SHIRT & PANTS OR TIGHTS



SWEATSHIRT OR FLEECE



LIGHT WEIGHT BEANIE OR HEADBAND

20° TO 30° F
-6° TO -1° C



LONG SLEEVED SHIRT & TIGHTS (OPTIONAL)



SWEATSHIRT OR FLEECE & PANTS



LIGHT WEIGHT JACKET (WINDY & WET CONDITIONS)



WINTER CAP



HEAVIER GLOVES

< 30° F
< -6° C



LONG SLEEVED SHIRT & TIGHTS



FLEECE & PANTS



LIGHT WEIGHT JACKET (WINDY & WET CONDITIONS)



TWO SETS OF GLOVES OR HAND WARMERS



NECK GATOR OR BALACLAVA

RULE OF THUMB FOR ALL CONDITIONS

- WE WORKOUT IN THE DARK. GEAR THAT IS REFLECTIVE WILL HELP KEEP YOU SAFE.
- COTTON IS THE ENEMY. WEAR SWEAT WICKING MATERIAL. YOU'LL THANK US LATER.
- YOU SHOULD BE SLIGHTLY COLD WHEN YOU START YOUR WORKOUT.
- DRESS IN LAYERS. IT'S EASIER TO PEEL OFF CLOTHES IF YOU DRESS TOO WARM.

LEARN MORE AT F3NAPERVILLE.COM/GEAR