Gazelle Sports

Winter Running Guide: How to Dress for the Weather

		Heavy Precipitation (snow or rain)	Moderate Precipitation	Light Precipitation	Dry	Dark
20°to 40°	**Outer shell**	Waterproof or breathable water resistant vest/jacket and pant/tight	Waterproof or breathable water resistant vest/jacket and pant/tight	Water resistant/ breathable vest/jacket and pant/tight	Breathable vest/jacket and pant/tight	Reflective jacket or vest
20°to 40°	**First layer insulation**	Lightweight	Lightweight	Lightweight	Lightweight	
20°to 40°	**Accessories**	Gloves & hat: water resistant and breathable; yak trax	Gloves & hat: water resistant and breathable; yak trax	Gloves & hat (optional); yak trax	Gloves & hat (optional)	Lights, reflective bands
0°to 20°	**Outer shell**	Waterproof or breathable water resistant vest/jacket and pant/tight	Waterproof or breathable water resistant vest/jacket and pant/tight	Breathable water resistant vest/jacket and pant/tight	Breathable vest/jacket and pant/tight	Reflective jacket or vest
0°to 20°	**First layer insulation**	Midweight and/or lightweight	Midweight and/or lightweight	Midweight and/or lightweight	Midweight and/or lightweight	
0°to 20°	**Accessories**	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal	Lights, reflective bands
-20°to 0°	**Outer shell**	Waterproof or breathable water resistant jacket and pant	Waterproof or breathable water resistant jacket and pant	Breathable water resistant jacket and pant/tight	Breathable jacket and pant/tight	Reflective jacket or vest
-20°to 0°	**First layer insulation**	Midweight plus fleece	Midweight plus fleece	Midweight plus fleece	Midweight plus fleece	
-20°to 0°	**Accessories**	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: waterproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal; windproof underwear; arm warmers; yak trax	Gloves & head gear: windproof plus thermal; windproof underwear; arm warmers; yak trax	Lights, reflective bands

Wind Chill Factor

10mph wind = a temperature drop of about 15°
15mph wind = a temperature drop of about 20°
20mph wind = a temperature drop of about 25°
3 0mph wind = a temperature drop of about 35°