

# HOW TO PREPARE FOR COLD WEATHER

## ONE

### ACCLIMATE

Get outside and get active! It may take your body a week or so to get used to the colder temperatures, so adjust gradually. The human body is very flexible and learns to work within the parameters that we give it. Get off the computer, stop playing video games, stop watching TV and get outside!



## FIVE

### EAT

Never show up to a rehearsal or a performance on an empty stomach. Always make healthy food choices from the four food groups. Good nutrition helps create good internal energy. Junk food and candy will not give you enough nutrition. Instead, try carbohydrates, protein, fruits, and veggies. **ALWAYS** eat breakfast!

## THREE

### REST

If your body is tired, it cannot use all of its resources to keep you warm. Make sure you are getting enough sleep the day before the performance. Please, always be respectful to those members on the bus who wish to rest.



## TWO

### DRINK

Cool liquids will cool down your insides, so having some broth, soup, or hot chocolate before parade will help you warm your insides. Avoid coffee before performances! Just like performances in the summer, it is important to drink plenty of liquids, you can lose a lot of body fluids in the cold and never even know it. Avoid sugary type drinks (pop, energy drinks, etc.)



## SIX

### HAND/FOOT WARMERS

These are a great tool to help save your body energy while keeping your extremities warm. Consider purchasing warmers for both your hands and feet for extremely cold weather. If you do use warmers, be sure to activate them approximately 30 minutes before going out into the cold. It is very important to never keep them directly against your skin as this can result in discomfort and even burns.



## FOUR

### DICKIES

The neck of a turtleneck will keep you warm! Navy blue dickies are mandatory in cold weather, and should cover your full neck. Turtlenecks are also acceptable.

## WHAT TO WEAR

Proper attire is your first line of defense when it comes to fending off the foul grip of the cold weather. It is very important to remember to always consider all of your options to ensure warmth. Always think about dressing in small layers, and bring lots of extra clothing with you to all performances. The winter weather can take a turn for the worst at any moment, so always think on your toes while adding and removing layers as necessary. **NEVER** get yourself into a situation where you are unprepared for the weather.

## SEVEN

### HEAD

Did you know you lose 50% of your body heat through your head? The band hat will keep some in, but adding a skullcap will increase the heat retention. Remember it must be navy blue in colour.



## EIGHT

### CLEANLINESS

Clothing should be clean! Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime and perspiration can mat down those air spaces and reduce the warmth of the garment.

## NINE

### LAYER

Use loose layers to keep warm. Warm air is trapped between the layers, keeping you warmer than one single bulky layer. By adding or removing layers, you can regulate your body temperature. Wear loose fitting clothes that will not restrict the blood flow and that will ventilate or wick moisture away from your body. There are many types of apparel on the market with thinsulate and thermal properties. It is up to you to decide whether or not to purchase them.



## TEN

### HANDS

Again layering to trap in the heat! Put on a thin pair of gloves on first (like thinsulate gloves) then put on a pair of surgical gloves and on top of that your white band gloves. Remember if your gloves are too tight the blood flow will be restricted. Using the surgical gloves for clarinet players is a good idea as a surgical glove will help you seal your open keys while playing.

## TWELVE

### UNDERGARMENTS

Prepare your body for the cold with layers both under your pants and tunic. Long johns and thermal leggings are great places to start.



## ELEVEN

### FEET

It is important to layer your socks as well, but make sure you leave room so that you can wiggle your toes! On colder days put on a thin pair of socks and a plastic bag covered by another pair of socks as this helps keep the heat in. You may also use thermal sock as the base layer and not use a plastic bag.



## TWELVE

### SHOES

Waterproofing your band shoes helps, especially when marching in slush. You should also always check the bottoms of your shoes for holes and cracks in the sole. If possible try to seal them with epoxy glue before heading to a performance. Remember that cold and wet toes are never happy toes!