



Lotus Lake Discovery Center

Winter Layer List

HEAD and HANDS

- **Hat** (warm wool or fleece)
- **Scarf** (or neck gaiter)
- **Mittens or very warm gloves** (waterproof/2 pairs if not waterproof)

UPPER BODY

- **Long sleeve under shirt** (wicking layer, not cotton)
- **Fleece pullover** (or wool sweater)
- **Wind/waterproof jacket** (or insulated winter jacket)

LOWER BODY

- **Long underwear** (or equivalent)
- **Long pants**
- **Wind/waterproof pants** (or snow pants)

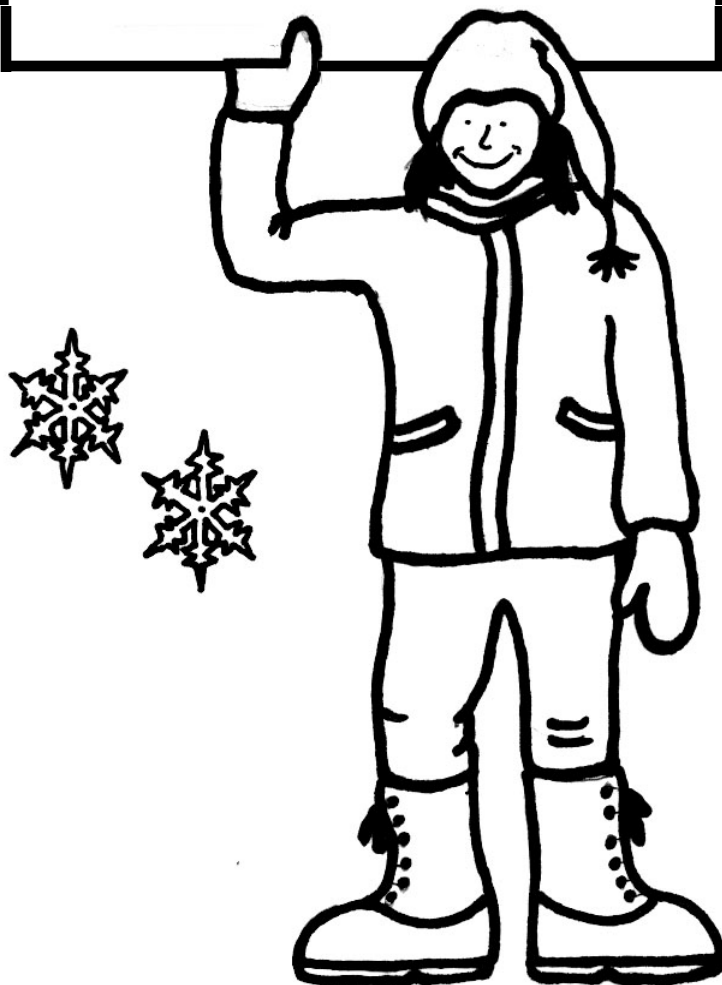
FEET

- **Socks** (preferably WOOL and bring an extra pair)
- **Your warmest winter boots** (insulated and waterproof)
- **Snowshoes** (if you have a pair)

Also Remember:

- back-pack
- full water bottle
- insulated mug (for hot chocolate)
- lunch & lots of snacks (optional: something to cook over a fire)

We appreciate your help to care for our environment. **When packing your lunch** try to have little or no trash, as we have a **PACK-IN/PACK-OUT** policy. With over 3000 participants annually this really does make a difference! Thank you!



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