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Winter Running Outfit Planner

Use the feels-like temperature. Dress 15 to 20 degrees warmer, and feel a little cold at the door.

Today: _____ **Feels like:** _____ **Wind:** _____ **Sunset:** _____

WHAT TO WEAR BY FEELS-LIKE TEMPERATURE (CHECK TODAY'S ROW)

Feels like	Women	Men	Hands, head, face	Pick
40 to 50 F	Long-sleeve tech top, shorts or tights, light socks	Long-sleeve tech top, shorts, light socks	Thin gloves	☐
30 to 40 F	Base layer plus wind vest, tights or shorts over tights	Base layer plus light jacket, tights or shorts over tights	Gloves, ear band	☐
20 to 30 F	Thermal half-zip, wind vest, fleece-lined tights	Thermal base, softshell, lined tights	Lined gloves, beanie	☐
10 to 20 F	Base, warm mid layer, wind shell, lined tights, wool socks	Base, mid, wind shell, lined tights, wind-front briefs	Mittens, beanie, gaiter over nose	☐
Below 10 F	Every layer above, all skin covered. Consider the treadmill.	Every layer above, all skin covered. Consider the treadmill.	Liners, mittens, balaclava, glasses	☐

SNOW

- ☐ Water-resistant trail shoes
- ☐ Wool socks, no cotton
- ☐ Low ankle gaiters
- ☐ Traction in pocket for packed snow or ice
- ☐ Plan by time, not distance

WIND

- ☐ Drop one row colder on the chart
- ☐ Windproof shell with high collar
- ☐ Wind mittens over liner gloves
- ☐ Start into the wind, finish with it behind
- ☐ Balaclava or gaiter you can pull up

DARK

- ☐ Bright jacket or vest, not all black
- ☐ Reflective bands on wrists and ankles
- ☐ Front light and blinking red rear light
- ☐ Run facing traffic if no sidewalk

GO OR STAY IN

- ☐ **Go out:** feels-like above about 0 F, grip, visible
- ☐ **Treadmill:** wind chill near minus 15 F or colder
- ☐ **Treadmill:** freezing rain or glare ice
- ☐ **Treadmill:** unlit route with no shoulder

Frostbite warning signs: numb skin that looks white, grayish or waxy. Get inside, warm up gradually and talk to your doctor if it does not recover. At a wind chill of minus 19 F, exposed skin can freeze in 30 minutes (National Weather Service).

MY OWN ADJUSTMENTS (I RUN WARM / COLD, WHAT WORKED)

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Winter Run Log and Gear Checklist

Write down what you wore and how it felt. By January you will know your own chart.

WINTER RUN LOG

Date	Feels like	What I wore	Too warm	Too cold	Just right	Notes
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	
			☐	☐	☐	

CLOTHING

- ☐ Synthetic or merino base layers
- ☐ Thermal or fleece-lined tights
- ☐ Running shorts to wear over tights
- ☐ Wind vest and windproof jacket
- ☐ Wool running socks (2 pairs)
- ☐ Wind-front briefs (men, below 20 F)

HANDS, HEAD AND FACE

- ☐ Thin gloves and lined gloves
- ☐ Mittens or wind mitten shells
- ☐ Ear band and warm beanie
- ☐ Neck gaiter or balaclava
- ☐ Clear or tinted glasses
- ☐ Lip balm

VISIBILITY AND TRACTION

- ☐ Reflective wrist and ankle bands
- ☐ Headlamp or chest light, charged
- ☐ Blinking red rear light
- ☐ Slip-on traction or microspikes

BEFORE YOU HEAD OUT

- ☐ Phone charged, in an inside pocket
- ☐ Someone knows your route
- ☐ Dry clothes ready for after
- ☐ No brand-new gear on race day