

# WEATHER TIPS

## Warm Weather

- Wear light colored clothing with a shirt that will “wick” away the moisture from your skin
- Wear a visor to keep the sun off your face, apply sunscreen, lip balm to prevent chapped lips

## Rainy Weather

- Wear poncho or rain jacket that is water proof to allow heat and moisture to escape to prevent overheating or chilling
- Wear 2 pairs of socks to prevent blisters
- Apply skin lube to areas where chaffing can occur- inner thighs, sports bras for women and nipples for men

## Cold Weather

- Wear inner layer that will “wick” moisture from the skin, long sleeve overtop to keep warmth in
- Wind and/or water- proof jacket to prevent overheating and chilling. A zippered jacket helps to regulate your body temperature.
- Running tights or shorts depending upon your preference
- Wear a hat to prevent heat loss

