



# Tips for Winter walking



- Keep hands and head covered to prevent heat loss
- On really cold days wear a scarf over your face and mouth
- Wear warm, waterproof boots
- Wear a warm coat that deflects the wind
- Woolen clothing helps to retain the heat
- Wear clothing and carry backpacks with bright colours and reflective materials – it's important to be seen.
- Take an extra pair of socks and mitts in backpacks, so that you can change out of wet clothes