

■ **SUPER DAVE FACT:** Check out all the wicked outdoor clothing and gear at the Advil Outdoor Show Feb. 17-19. More information can be found at: [www.outdooradventureshow.ca](http://www.outdooradventureshow.ca).

SOURCE: Metro Vancouver

■ **HOT SITES:** Check out the following great sites: [www.snowandrock.com](http://www.snowandrock.com), <http://weatheroffice.ec.gc.ca>, [www.mec.ca](http://www.mec.ca).

SOURCE: Metro Vancouver



**WESTCOAST WEEKEND**

# Clothes that keep you warm

Start with a good base layer then add a solid shell

By DAVE NORONA  
for Metro Vancouver

Mother Nature has pounded us over the last few weeks with a blast of winter weather that is non-stop rain in the city and endless snow in the mountains. Whichever molecule you are tackling, here are a few ways to help keep you warm and dry.

Waterproof breathable is a term held high in the outdoor clothing industry. This statement is a hard one to grasp. However, with newer technology, the term is actually becoming more of a reality. Unfortunately, if you are working out hard all jackets will have a difficult time transferring that moisture out fast enough.

I think a better way of looking at clothing is to make sure that no matter what, you stay warm. Sometimes this means we will be wet but still warm. A great example of this would be a wet suit. You get wet but the water in the neoprene actually helps keeps you warm. In this situation you would want a set of clothing to put on right after you finish doing your activity.

For all winter activities the proper base layer would be a snug fitting long underwear. I have used most brands on the market and have found Lifa's base layer to be one of the best. The 100 per cent polypropylene transfers moisture away from your skin. This product works so well that each colour is actually in the product itself when it is



Proper moisture management meant life or death as Dave crossed Norton Sound on his way cross-country skiing the full 1,800-kilometre Iditarod Trail in Alaska.

PHOTO COURTESY DAVE NORONA/FOR METRO VANCOUVER

made because the material will not accept a water-based dye.

The next layer in your winter 'ammo' should be a soft shell. These tops are breathable, pliable and offer great freedom for any activity. Snowshoers, hikers or those on a walk around Vancouver's Sea Wall should only exchange their softshell for a water resistant, windproof shell in case of rainy weather. A good shell will actually be so lightweight that you can tuck it in a small pack or your pocket, handy

for when the rain rears its ugly head.

Snowboarders, skiers and other backcountry enthusiasts will require a third layer in a waterproof breathable jacket and pants. This jacket is not about warmth but rather is just there to keep the elements out. Lightweight, taped seams and underarm and leg zips that will allow that pent up moisture to escape when your temperature rises, are a few of the important things you should look for.

A good rule of thumb for

dressing for the great outdoors is that you should be on the cold side when you just head out the door. Then as your activity picks up and your body starts to generate heat, you won't overheat and produce too much sweat.

It is all about proper moisture management. If you keep your body temperature right, you will ski, board, hike, run or walk more comfortably and enjoy it that much more!

For more Super Dave info, check out the website [www.davenorona.com](http://www.davenorona.com).

# Gear Guide

## ARCTERYX TAU AR PULLOVER

**Description:** This tightly woven Polartec Wind Pro fleece is perfect for brisk winter walks. Hide it under your winter jacket on those epic ski days. Breathable, water repellent, durable and stretchy with a comfortably feel.

**Price range:** \$199.99

**Where to find it:** [www.arcteryx.com](http://www.arcteryx.com)



## COLUMBIA'S PURCELL PEAK WOMEN'S PARKA

**Description:** This insulated waterproof/breathable/seam sealed jacket is made for the mountains, but looks good around the city as well. Under arm pit zips, articulated sleeves, mp3 pocket and a host of other features.

**Price range:** \$249.00 **Where to find it:** [www.columbia.com](http://www.columbia.com).



## HELLY HANSEN 3/4 LIFA PANT

**Description:** Why 3/4 pants? They won't bunch up in your boots and will provide you with a bomber under layer that will transfer sweat and moisture away from your skin, keeping you dry and warm all day.

**Price range:** \$49.99

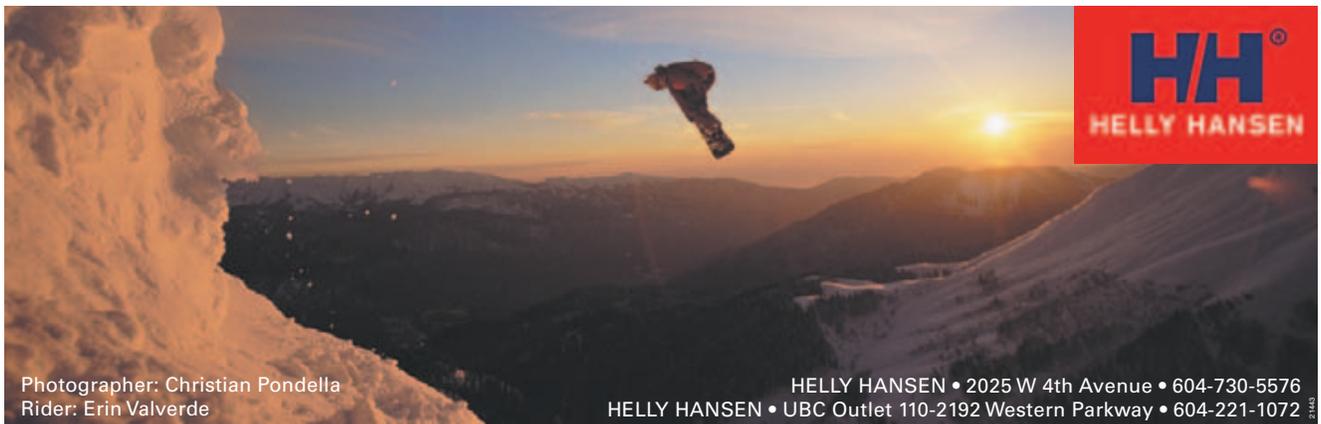
**Where to find it:** [www.hellyhansen.com](http://www.hellyhansen.com).



## SALOMON POCKET ROCKET DOWN JACKET

**Description:** Salomon's Pocket Rocket jacket is like wearing a warm sleeping bag around town. It will provide maximum warmth, good waterproofing, and is so lightweight, you will hardly feel it on you. **Price range:** \$299.00

**Where to find it:** [www.avalanchebackpack.com](http://www.avalanchebackpack.com).



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