

Five Tips to Keep Kids Warm, Cozy and Playing Outside Throughout Winter

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The drop in temperatures doesn't mean kids need to head indoors. Instead, with proper outerwear, footwear and accessories, kids can remain active outside, soak up some vitamin D and enjoy the fresh air. The outerwear experts at Lands' End compiled these five tips to keep kids warm, comfortable and ready to enjoy the winter wonderland.

Five Tips on Dressing Kids for Winter:

- 1) Dress in layers.** Breathable layers help little ones regulate body temperature. On average, kids need one more layer than adults. Look for easy-to-remove layers. If possible, avoid cotton because it absorbs sweat and moisture which could lead to kids feeling colder.
 - **Base** – Start with a moisture-wicking base layer next to the skin. [Thermaskin Long Underwear](#) pants and shirt help keep kids warm while wicking sweat to ensure comfortable play.
 - **Fleece** – This cozy layer keeps body heat in, is comfortable and provides easy movement during play. [Girls' Softest Fleece](#) makes a great second layer with its cuddly soft fabric. [Boys' Sherpa Fleece](#) is warm and cozy, but lightweight for layering and play.
 - **Coat** – Waterproof outerwear is the final touch to stay warm and dry outside. Boys' and girls' [Squall Parkas](#) are built with premium, bulk-free insulation and an ultra-durable, waterproof nylon shell. Waterproof seams are taped and sealed to keep out moisture. SnowGuard™ wrist cuffs keep out cold and snow.
- 2) Look for kid-friendly features.** Kids play hard and are always moving and constantly growing. Features built specifically for the active lives of children are important to keep kids playing all winter long. All Lands' End Kids [snow pants and bibs](#) feature reinforced knees and seats built to last, and Squall® snow pants have Grow-A-Long™ legs that extend up two inches for growing kids. Adjustable bib straps accommodate growing kids. Boys' and girls' [Squall](#) and [Expedition](#) outerwear collections feature Grow-A-Long™ sleeves that extend up to 1.5 inches to fit kids as they grow. Jackets featuring [ThermoPlume®](#) insulation provide lightweight warmth that allows easy movement and parents will love that is easy to care for—just throw it in the washing machine followed by the dryer on low heat setting—and it's ready for the outdoors again.
- 3) Accessorize!** The finishing touches to outerwear dressing can have a big effect on the overall warmth of kids. For season-long fit and daily warmth, winter boots should be waterproof and fit with room for toes to wiggle. Wool socks, such as [Melange Thermaskin Wool Heat Boot Socks](#), are excellent for keeping little toes warm while wicking sweat. Mittens are often the warmest way to protect hands but sometimes active kids prefer gloves for easy movement. [Waterproof gloves](#) with secure wrists will keep hands warm and dry. [Hats with earflaps](#) and cozy lining keep kids warm and comfortable. A ThermaCheck fleece [balaclava](#) and [gaiters](#) are a great way to keep faces and necks warm in severe cold.

- 4) **Check the daily forecast.** As simple as it may seem, checking the weather every day before sending kids out the door can make a big difference in their warmth. Look for drops in temperatures that may require an extra layer or [lined pants](#), or unseasonably warm days when the big winter coat can be left at home and a [lighterweight jacket](#) is needed.
- 5) **Pack a dry bag.** An extra set of dry clothes and socks can make a huge difference in warming up kids after a fun day outside. These spare items also come in very handy for unexpected snowfall on the playground or forgetful kids.
- 6) **Bonus Tip:** After playing all day in the snow, don't forget the hot chocolate!

To view the entire Lands' End Kids outerwear collection and accessories, visit landsend.com/kids.

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