

# Layering guide

Layer	What?	Why?
(1) Base layer	Thermal underwear <i>underställ</i> in wool <i>ull</i>	<ul style="list-style-type: none"> <li>• warm <i>varm</i></li> <li>• dry <i>torr</i></li> <li>• insulating <i>isolerande</i></li> </ul>
(2) Regular clothing		
(3) Middle layer	Fleece sweater <i>fleecetröja</i> and trousers <i>fleexebyxor</i>	<ul style="list-style-type: none"> <li>• warm <i>varm</i></li> <li>• easily removable <i>lätt avtagbar</i></li> </ul>
(4a) Outer layer for wet weather and temperatures above zero.	Unlined rainwear <i>ofodrat regnställ</i> (waterproof trousers <i>galonbyxor</i> and jacket <i>galonjackal/regnjacka</i> )	<ul style="list-style-type: none"> <li>• watertight <i>vattentät</i></li> <li>• windproof <i>vindtät</i></li> <li>• protective <i>skyddande</i></li> </ul>
(4b) Outer layer for snow and minus temperatures.	Winter overall <i>vinteroverall</i> .	<ul style="list-style-type: none"> <li>• warm <i>varm</i></li> <li>• windproof <i>vindtät</i></li> <li>• protective <i>skyddande</i></li> </ul>
(4c) Outer layer for rain/slush and minus temperatures.	Winter overall <i>vinteroverall</i> and unlined rainwear <i>ofodrat regnställ</i>  or  Lined rainwear <i>fodrat regnställ</i>	<ul style="list-style-type: none"> <li>• warm <i>varm</i></li> <li>• watertight <i>vattentät</i></li> <li>• windproof <i>vindtät</i></li> <li>• protective <i>skyddande</i></li> </ul>



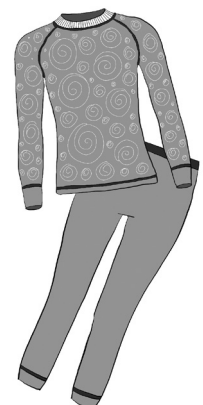
ett par sockor



en overall



ett par vantar



ett underställ

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