

# WARMTH RATING

There is a big misconception that heavier means warmer, this is not the case with modern fabrics. Multiple layers trap more air than one single bulky layer and give more flexibility to regulate body heat by adding or removing layers as you heat up or cool down.

Also depending on the garment it may also be wind-resistant or even windproof. This can make a huge difference even if the garment does not have high insulation as being able to cut the windchill can literally be the difference between life and death.

Additionally it is worth remembering that everybody will experience cold differently and what suits one person may not work for another.

