



Mount Cook
ADVENTURE CENTRE

TOP TIPS

FOR YOUR WINTER RESIDENTIAL

1. Bring layers - temperatures change dramatically in the winter so a mixture of layers helps you to get it just right. Avoid Cotton, Dri-Fit baselayer type clothes work best.

2. Stay hydrated - the Winter air can be particularly drying, especially when you are outside having fun.

3. Always have plenty of socks - soggy socks need changing but don't wear multiple socks at once as this can lead to un-comfy blisters.

4. Think of the health benefits - getting outside prevents all sorts of germs from spreading and keeps you healthy and strong.

5. Wear sunscreen - your skin needs protection all year round!

6. Friends that go outdoors together, stay together - If you are feeling a little chilly, stay close to the other members of your group to keep warm.

7. Have something up your sleeve - and we don't just mean tissues. The weather can be unpredictable so always make sure that you have a backup activity that can be done inside too.

8. Get active! - the best way to stay warm is by moving so the more effort you put into your activities, the toastier you will be.

9. Bring snacks - colder weather burns more calories which means you will need plenty of snacks with you to ensure your energy levels are topped up.

10. ENJOY! - don't focus on the temperature, focus on nature! getting outside in the Winter is great fun so make sure you enjoy it as much as it deserves.

