

Layering for Every Season

SolsticeStride · Digital Guide

Layering your clothing can make all the difference in comfort and performance, no matter the season. SolsticeStride offers versatile pieces that can be mixed and matched to suit any weather condition. This guide will help you understand how to effectively layer your SolsticeStride gear for optimal year-round comfort.

Understanding Base Layers

The base layer is the foundation of your outfit, designed to manage moisture and keep you dry. SolsticeStride offers breathable, moisture-wicking base layers that help maintain comfort during any activity.

Choose a base layer that fits snugly against your skin. This helps with moisture management and ensures that the fabric can effectively wick sweat away.

For cooler weather, opt for a base layer with thermal properties to provide extra warmth without adding bulk. Wool or synthetic options can offer excellent thermal regulation.

Mid Layers for Insulation

Mid layers are crucial for trapping heat close to your body. SolsticeStride's mid-layer options offer a balance of warmth and breathability.

Layering a fleece or lightweight insulated jacket over your base layer can keep you warm during colder months. Look for materials that offer stretch and movement.

Remember that your mid layer should be easy to remove if temperatures rise, allowing you to adapt to changing conditions. Consider vests for core warmth without restricting arm movement.

Outer Layers for Protection

An effective outer layer protects you from wind, rain, and other elements. SolsticeStride's jackets and shells are designed to be lightweight yet protective.

Choose outer layers that are both waterproof and breathable to maintain comfort during wet or windy conditions. Features like adjustable cuffs and hoods can enhance protection.

Consider the activity level when selecting your outer layer. More active pursuits may require a lighter, more breathable option. For less active outings, a heavier, insulated shell might be appropriate.

Adapting to Seasonal Changes

Layering isn't just for winter; it's essential year-round. In spring and fall, focus on lightweight layers that can be easily added or removed.

During summer, a light base layer or a breathable mid layer may be all you need. SolsticeStride's summer line includes pieces with UV protection to shield you from the sun.

For winter, focus on layering with materials that insulate well and provide moisture control to avoid the chill of sweat. Consider integrating a windproof layer to combat cold breezes.

Making Smart Fabric Choices

Fabric choice is key to effective layering. Look for materials that offer moisture-wicking, breathability, and insulation properties.

SolsticeStride offers a range of fabric technologies designed to enhance your layering system. Consider merino wool for its natural temperature regulation and odor resistance.

Synthetic fabrics often provide excellent moisture management and are durable, making them a great choice for active pursuits. Mixing fabric types can offer a balance of comfort and performance.

Accessorizing for Comfort

Accessories can enhance your layering system. Consider hats, gloves, and neck gaiters from SolsticeStride to protect extremities in cold weather.

Choose socks that complement your footwear and provide the right level of warmth and moisture management. Wool blends can be particularly effective in colder conditions.

Remember that accessories can be easily adjusted or removed, offering a quick way to regulate body temperature. Don't forget sunglasses or visors in bright conditions to protect your eyes.

Practical Layering Tips

Always start with a plan based on the day's weather and your activity level. Adjust your layers as needed throughout the day.

Don't be afraid to experiment with different combinations of SolsticeStride pieces to find what works best for you. Personal preferences can greatly influence your comfort.

Keep your layering system simple and functional, focusing on comfort and ease of movement. Avoid over-layering, which can lead to overheating and discomfort.

Maintaining Your Layers

Proper care and maintenance of your layers can extend their lifespan and performance. Follow care instructions on SolsticeStride garments to ensure longevity.

Regularly wash your layers to maintain breathability and moisture-wicking properties. Use mild detergents and avoid fabric softeners, which can affect fabric performance.

Store your layers properly during off-seasons to avoid damage. Hanging items can help maintain their shape, while dry storage areas help keep mildew at bay.

Layering your clothing effectively can significantly enhance your comfort and performance in any season. With SolsticeStride's versatile options, you can easily adapt to changing weather conditions. Remember, the key is to find what works best for you and adjust your layers as needed. Stay comfortable and enjoy your activities all year long.

Before you start

This guide is general training and performance guidance for healthy adults. It is not medical advice and does not diagnose, treat or rehabilitate any injury, pain or condition. Do not use it if you are training through pain, are post-surgical, are pregnant or postpartum, or are managing a cardiac or blood-pressure condition — see a qualified coach, physiotherapist or physician first. Effort should be hard, not painful; stop if a movement hurts.

This guide is for general educational purposes only and is not medical, health, or professional advice. Consult a qualified professional for guidance specific to you.