

Running in 0* for 1st time tomorrow -...



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Sep 5, 2008

I've never run in anything below 25, **but tomorrow I'm going to try to run outdoors, even though the WC will be 0.** I don't have any kind of special running suit for super-cold weather, but I do have one pair UA Coldgear running pants, and one LS UA Coldgear shirt. I have some other running pants, and some LS cotton T-shirts. I have wool socks, hats, neck gaiter, etc.

How many layers would be appropriate for this type of weather? Any suggestions or advice would be really appreciated. TIA!



[DaveVause](#) 849 posts since

Jul 9, 2007 1. **Re: Running in 0* for 1st time tomorrow - how many layers should I wear?** Dec 15, 2008 5:09 PM

I'd do 3 layers of UA. I find even on the outer layer cotton retains moisture. Here in Md, mercifully, I don't have to do 0 wind chill.....

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Good luck.