

# How to Dress for Cold Weather by Robert Friedman



The December 2020 Member's Forum presentation was by Bob Friedman as he shared his advice on how to plan for and dress for cold weather photography. He shared some inspiring images that he took in cold weather conditions on Mt. Kilimanjaro and at Yellowstone. A short video demonstrated his layers of apparel (no cotton!!!) and his presentation outlined plenty of tips and recommended types and brands of clothing. Members had many questions about what to buy and where to get it, and Bob has graciously followed up with more information and links to help everyone know where to get what they need to get out and take those spectacular winter images!

- ❖ Recording of the [Dec 2, 2020 Zoom Member's Forum presentation](#)
- ❖ **B&H Video** by Charles Glatzer on Yellowstone in Winter (1 hour long, but worth it!)  
[OPTIC 2017: Charles Glatzer: Yellowstone in Winter](#)
- ❖ Here's a page from the **REI website that goes over Base Layers** and there's a link to shop. REI brand is absolutely fine and much cheaper than the name brands. Additionally, REI typically has sales this time of the year (who doesn't?).  
<https://www.rei.com/learn/expert-advice/underwear.html>
- ❖ Here's a link for **cold weather boots**. Someone asked during the member's forum about the weight of insulation in my North Face boot. The answer is 200gms Heat Seeker Foam insulation. Oboz and Sorel make excellent boots. Make sure you try them with the socks you will be wearing at that time.  
<https://www.rei.com/search?q=winter+boots>
- ❖ Here are links to the **outer SHELL Pants**. I would make sure they have side zippers that go way up so you can put them and take them off with your boots on. I have an REI brand that I got years ago, and the pants can go over your jeans when you just need to be outside and the wind is howling. You will not feel the wind (even though the pants feel like nothing).  
<https://www.rei.com/rei-garage/search?q=soft-shell+pants>
- ❖ Here is an example of a **wind deterrent shell jacket**. I would recommend trying one on with the puff jacket you might be using. I have an REI brand but I don't see it on line. It should be waterproof and windproof.  
<https://www.rei.com/rei-garage/product/186519/columbia-inner-limits-ii-jacket-mens>

- ❖ I strongly recommend **merino wool socks**. If you are the type who gets really cold then I might suggest a lighter pair of socks to fit over. Just make sure you have room to move your feet inside your boot.  
<https://www.rei.com/rei-garage/search?q=merino+wool+socks>
  
- ❖ Here's a selection of **Rain Covers for the camera**.  
[https://www.bhphotovideo.com/c/search?Ntt=camera rain cover&N=0&InitialSearch=yes&sts=ps](https://www.bhphotovideo.com/c/search?Ntt=camera+rain+cover&N=0&InitialSearch=yes&sts=ps)
  
- ❖ Great tool to place on your **backpack front strap for easy quick access** to your camera while walking/hiking.  
[https://www.bhphotovideo.com/c/product/1372675-REG/peak\\_design\\_cc\\_bk\\_3\\_capture\\_clip\\_only.html](https://www.bhphotovideo.com/c/product/1372675-REG/peak_design_cc_bk_3_capture_clip_only.html)
  
- ❖ Don't forget to check out AMAZON—they can have much lower price options. Here's a typical deal that is perfect as an **outer shell waterproof/windproof jacket**. That's enough for now. By the time everyone gets their gear they'll all be broke (but warm!).  
[https://www.amazon.com/Lightweight-Waterproof-Hooded-Outdoor-Raincoat/dp/B08F9CPDWR/ref=sr\\_1\\_5?crd=1WCLVDUZ5FCHN&dchild=1&keywords=shell+jacket+men&qid=1607020786&sprefix=shell+j,aps,158&sr=8-5](https://www.amazon.com/Lightweight-Waterproof-Hooded-Outdoor-Raincoat/dp/B08F9CPDWR/ref=sr_1_5?crd=1WCLVDUZ5FCHN&dchild=1&keywords=shell+jacket+men&qid=1607020786&sprefix=shell+j,aps,158&sr=8-5)