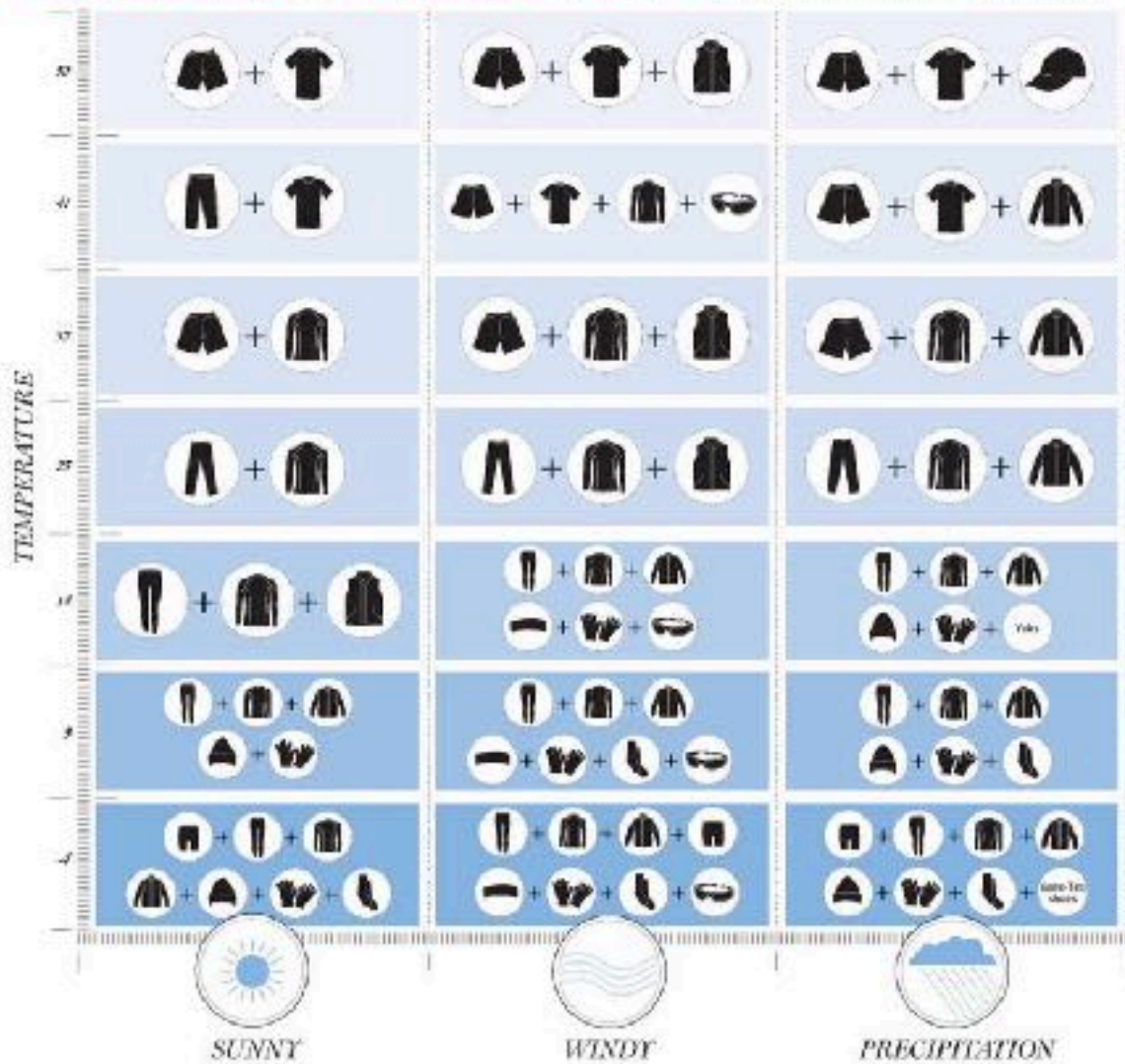


# Comment s'habiller en fonction des températures

## WHAT TO WEAR CHILLY TRAINING

This winter, Canadians are expected to take up running in record numbers, so we spoke to Jessica Britton, head product designer for the flammig Kooten, and present this guide to dressing for runs in wind, snow, cold and everything else. *By Ben Kaplan*



**Water-resistant** (left)  
Water-resistant made from the water-resistant material are fairly popular these days, and this are an inexpensive brand of socks that go over your sneakers.

**Headband (top) vs. toque (below)** A headband is better in wind and snow but long socks are better in cold. A toque is better in the rain.

**Wind (top) vs. winter running jacket (below)** At -10°C or below, you should look out for the wind. In wet of these items, plus your socks, mitts and shoes, too.

**Capris (top) vs. pants (below)** Popular among women, capri pants go well with leggings which also block the wind and make rarer than the "topside."

**Wind-blocks (top) and lights or leggings (below)** We're together to keep your unmeasurable unaffordable on long, cold, windy winter runs.