

How To: Stay Warm For Biathlon

It is better to be **hot** than to be **cool**!

Stay Outside and Be Active:

- Keeping your core body temperature high (too **hot**) is key to keeping your fingers and toes warm. If your blood is only warm when it leaves your heart, it won't be hot enough to keep your fingers and toes warm by the time it gets all the way out there.
- The best way to get your body temperature up is to dress warmly in layers and then go out and ski until you just begin to sweat; JUST; and your hands warm up. Then maintain that temperature by moderating your activity level or removing layers.

Things to Avoid:

- Standing around with ski poles, elbows down, with your hands above your heart.
- Sitting around in a warm room relaxing and letting your physiology go into resting state.
- Putting your face, hands and feet near a heat source so that the surfaces warm up. Your body will shut down heat generating metabolisms and when you go outside, the cold shock will rapidly shut down peripheral circulation and you *will* get really cold hands, *really fast*.
- Wet underwear (for whatever reason).

Essential Clothing for Rifle Shooters:

- Underwear: Tops and bottoms; long sleeves; wicking, Merino wool is great, metal weave not so much.
- Lycra racing suit: Goretex wind panels in the crotch; double lined on the thighs and chest; onesies are really warm.
- Gloves: Which are loose enough at the wrist and in the fingers to permit good circulation. Tight gloves are cold. One finger shooting mittens are great!
- Vest: A no-sleeves vest with a breathable back that you can wear under your bib for Zero and maybe on those -19 days.
- Warm Up Bottoms: You need wind proof warm up bottoms that you can wear for Zero and that come off very easily in the Start pen.
- Warm Up Tops: You need a warm up jacket that will fit over your arm band for Zero and that comes off easily in both Zero and the Start pen.
- Skate Boots: With room for both liner and warm socks!

Optional Clothing:

- Arm Warmers: That fit over or under your ski suit to keep your forearms toasty (and your fingers warm).
- Over mitts: Wind proof; that fit over your racing gloves, but come off quickly for shooting
- Over boots: For your ski boots that you can race in.
- Neos, Curling Overshoes: Or something similar, so that you can put them on your ski boots and walk around safely [in your ski boots]