

Temperature (F)	Torso								
	Shortsleeve jersey	Longsleeve jersey	Lined longsleeve jersey	Shortsleeve wicking T-shirt	Longsleeve wicking T-shirt	Heavy Mock Turtleneck	Heavy Turtleneck	Lined jacket	Heavy jacket
70									
60									
50									
45									
40									
35									
30									
25									
<25									
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Temperature (F)	Legs					Feet				
	Shorts	Lightweight Tights / Leg warmers	Heavy Tights	Winter Bib Tights		Wool Sock	Winter Shoes	Shoe Covers	Charcoal Toe Warmers	Plastic Bag
70	■									
60	■									
50		■								
45		■				■		■		
40		■				■	■	■		
35			■			■	■	■	■	
30			■			■	■	■	■	
25				■		■	■	■	■	■
<25				■		■	■	■	■	■
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Temperature (F)	Head				Hands			
	Headband covering ears	Lined skull cap	Balaclava		Light gloves	Medium gloves	Heavy gloves	Mittens or Lobsterclaw gloves
70								
60								
50								
45								
40								
35								
30								
25								
<25								
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