What to Wear by Temperature

A quick outfit chart for every kind of weather. Print it and keep it by the door.

Temperature	Layers	Coat or jacket	Shoes	Add
Below 20°F (below −7°C)	3+ layers, thermal base	Long windproof down parka	Insulated snow boots	Mittens, hat, neck gaiter
20–29°F (−7 to −2°C)	3 layers, thermal base	Insulated or down coat	Insulated waterproof boots	Hat, gloves, scarf
30–39°F (−1 to 4°C)	2–3 layers	Wool or shearling-collar coat	Lug-sole or tall boots	Hat, scarf, gloves
40–44°F (4 to 7°C)	2 layers	Quilted jacket or lined coat	Ankle boots, lined sneakers	Scarf
45–49°F (7 to 9°C)	2 layers	Shacket, trench + knit	Ankle boots, loafers	Light scarf
50–59°F (10 to 15°C)	1–2 light layers	Trench, denim jacket, blazer	Loafers, flats, sneakers	Light scarf (optional)
60–69°F (16 to 20°C)	1 layer + light topper	Optional cardigan or denim jacket	Sneakers, loafers, flats	Sunglasses
70–79°F (21 to 26°C)	1 layer	None, or thin cardigan	Sandals, espadrilles	Sun hat, sunglasses
80°F+ (27°C+)	1 light, loose layer	None	Breathable sandals	Sun hat, SPF

Adjust for the day: add a layer if it is windy, wet or you will be outside for a long time; take one off if you run warm or will be active.

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