

Run Minnesota Running Layers Guide

Winter • Spring • Summer • Fall | Temperature-based layering from **-20°F to 80°F**

How to use: Choose your temperature row, then adjust **+/- one row** for wind, precipitation, and workout intensity. Dress so you feel **slightly cool** for the first 5–10 minutes.

Temp (°F)	Head / Hands	Upper Body	Lower Body	Extras / Notes
-20	Balaclava/neck gaiter + thick hat; mittens (liner+shell)	Thermal base + fleece mid + insulated/windproof shell	Thermal tights + wind pants; tall wool socks	Trail shoes w/ traction if icy; keep skin cool indoor option
-10	Warm hat; neck gaiter; mittens	Thermal base + midlayer + windproof jacket	Thermal tights + windbrief/pants; wool socks	Hand warmers optional; warm-up longer
0	Hat/earband; light mittens/gloves	Base + light mid OR thermal top + windproof jacket	Thermal tights; optional windbrief; wool socks	Start conservatively; watch footing
10	Earband/hat; gloves	Base + light jacket OR long-sleeve + vest	Tights; optional thin windbrief	If windy/wet, add shell
20	Earband optional; light gloves	Long-sleeve tech + vest or light jacket	Tights or tights+shorts	Carry thin gloves if starting cold
30	Optional gloves	Long-sleeve OR short-sleeve + light vest	Tights or shorts (runner-dependent)	Peel layers as you warm
40	None/optional light gloves	Short-sleeve + arm sleeves OR light long-sleeve	Shorts or light tights	Rain? add thin shell
50	None	Short-sleeve	Shorts	Sun/UV begins to matter
60	None	Short-sleeve or singlet	Shorts	Hydrate; consider hat/sunglasses
70	None	Singlet or light tee	Shorts	Electrolytes; sunscreen; pace by effort
80	None	Light singlet	Shorts	Heat plan: shade, fluids, adjust goals; cool runs

Run Minnesota tip: For workouts (tempo/intervals), you can usually dress **lighter**. For easy/long runs, dress **warmer** and prioritize dry hands/feet.

Seasonal Tweaks & Safety Checklist

Use the temperature chart on Page 1, then apply these season-specific adjustments.

Winter (snow + wind)	Spring (variable + wet)
<ul style="list-style-type: none"> • Prioritize coverage: ears, fingers, toes; choose mittens over gloves when it's very cold. 	<ul style="list-style-type: none"> • Carry a removable layer (vest or light shell).
<ul style="list-style-type: none"> • Windproof outer layer makes the biggest difference; avoid cotton. 	<ul style="list-style-type: none"> • Rain + 40°F can feel colder than dry 30°F—dress up one row.
<ul style="list-style-type: none"> • If roads are icy, choose traction or run on cleared paths/indoors. 	<ul style="list-style-type: none"> • Warm-up longer; expect big temperature swings during longer runs.
Summer (heat + humidity)	Fall (cool starts, warm finishes)
<ul style="list-style-type: none"> • Dress for heat: breathable top, lighter colors, hat/visor. 	<ul style="list-style-type: none"> • Use arm sleeves/gloves that can come off mid-run.
<ul style="list-style-type: none"> • Hydrate early; add electrolytes for longer runs. 	<ul style="list-style-type: none"> • Plan where to stash or carry layers (waist wrap/pack).
<ul style="list-style-type: none"> • Adjust pace by effort; consider early morning or shaded routes. 	<ul style="list-style-type: none"> • Wind and low sun can make it feel colder—add a light shell if needed.

Quick Checklist

- Dress slightly cool at the start (you'll warm up).
- Wind + wet conditions = add a shell and/or one extra layer.
- For workouts, dress lighter; for easy/long runs, dress warmer.
- If you can't keep hands/feet warm, change your plan (shorten, move indoors).
- Visibility: add reflective gear and a headlamp when it's dark.