



Choosing the right base layer for your child

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Your base layer (thermal underwear) should be made of a high performance fabric that not only pulls the sweat from your body, but also dries quickly so that you stay warm and comfortable.

What is polypropylene thermal underwear?

★★★ POLYPRO

Polypropylene retains more heat than any other fabric making it the warmest thermal underwear you can buy. As a specialty outdoor performance garment, it is not generally available in large department stores.

100% polypropylene underwear does not absorb water. Instead, it spreads sweat and moisture evenly across the fabric so that it will dry quickly and keep your skin dry. It really is an amazing material.

You can throw a set of polypropylene thermals in the washing machine or hand wash, hang them up and they will be dry within minutes! This makes polypropylene thermals the perfect choice for winter wear and trips to the snow.

How does it compare to other types of thermal underwear?

If you've never purchased thermal underwear before, it can be quite confusing figuring out what's what, as "thermal underwear" is marketed in variety of forms:

★★ WOOL

A good second-best option to polypropylene. Woollen garments breathe well, but do weigh more & take longer to dry than polypropylene garments. Wool's ability to draw moisture away from the skin (known as 'wicker') is also excellent, but does not perform as well as polypropylene in comparison. Wool is a good choice for babies & toddlers (where sweat from activity isn't so much an issue).

★ POLYESTER

Generally regarded as more of a trans-seasonal fabric. Polyester does not retain warmth as well as Polypropylene and also takes longer to dry.

COTTON

Cotton is NOT a thermal performance yarn & does not have the ability to effectively retain warmth or draw moisture away from the skin. It tends to stay wet and heavy and may also smell by the end of the day. Our advice – give it a miss!