

# How to Wear Glove Liners for Cold Weather

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If you spend a lot of time outdoors and are constantly plagued with cold hands, glove liners may be the best and most inexpensive solution to your problem. Glove liners are lightweight gloves that you wear inside your regular gloves. Typically made from wool, silk or other synthetic blends, glove liners are designed to act like an extra layer of insulation against the cold. Here's how to use them.

Difficulty: Easy

## Instructions

- 1 Purchase your glove liners from a reputable ski shop or other retailer that caters to outdoor activities. Liners are available in cotton, silk, polyester, wool and other fabrics. Which one you choose depends on your budget, how they feel and how well they do the [job](#).
- 2 When getting fitted for glove liners, make sure that they fit snugly but do not constrict your circulation. They're meant to be worn underneath other gloves, so they need to act like a "second skin".
- 3 After you've pulled on the liners, flex your fingers, making sure that you have complete range of motion. They should not impede your natural dexterity.
- 4 Pull your regular gloves on over the liners and make sure that you're happy with the fit. If your dexterity is severely impaired, try on other types of liners that are thinner.

## Tips & Warnings

- Buy only quality liners. Although they may seem expensive, if you take care of them, they'll be with you for years to come.
- Don't be concerned with color. No one will ever see them.
- Fit and comfort are the most important factors when buying a pair of glove liners.
- Don't let the liners impede the way that your fingers flex. You still need to be able to use your hands.