

How to Wear a Balaclava

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If you spend time outside in cold temperatures, nothing keeps you warmer than a balaclava. Not be confused with a baklava (the Greek pastry), balaclavas are fabric headgear that can be folded and worn in a variety of styles, depending on the temperature.

Difficulty: Easy

Instructions

things you'll need:

- Warm clothing
- A balaclava made from any material, but fleece is best

- 1 Balaclavas are items of clothing that are typically worn on the head and neck and can be adjusted according to the outside temperature. In moderately cold temperatures, they can be folded and worn as a hat.
- 2 Balaclavas can also be folded and worn around the neck as a neck gator.
- 3 When the temperature begins to drop or the snow starts to fall, open the balaclava and wear it as a combination hat and gator.
- 4 If the weather gets nasty, pull the bottom edge of the front opening up until it covers the mouth and nose. This is ideal for outdoor [sports](#) when you can still breath through your nose.

Tips & Warnings

- If you're short on funds, a balaclava may be the only piece of headgear you need to buy.
- Put the balaclava on early in the day. If you wait until you're already cold, it may be too late.
- Goggles make an excellent addition to a balaclava.
- Never wear a balaclava in a [fashion](#) that impedes your vision or breathing.
- Be sure to wash it frequently to prevent exposure to germs.