

How to Wear a Neck Gator

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If you spend a lot of time working or playing outdoors and find it difficult to stay warm, consider adding a vital piece of clothing to your ensemble, a neck gator. Worn over the neck and face, the neck gator can help trap warm air that would normally exit through small openings in your clothing. Here's how to wear one.

Difficulty: Easy

Instructions

things you'll need:

- Neck gator (fleece is best)
- Winter coat
- Knit hat

- 1 Although neck gators can help you keep warm on their own, they work best when used in conjunction with a warm winter coat and knit hat.
- 2 Pull on the knit hat. Make sure that it completely covers the outside of your ears. Be careful not to impair your vision if you are doing anything that includes movement or activity such as driving a motor [vehicle](#) or skiing.
- 3 Pull the neck gator on over the **OUTSIDE** of your knit hat. The bottom edge should be over the collar of a fleece liner or down vest. The upper edge should cover the lower portion of your face, anywhere from below your eyes to your chin.
- 4 Adjust the top edge of the gator covering the back of the head so that it nearly covers the crown of the back of your head. The sides of the gator should be at roughly a 45-degree angle from back to front.
- 5 If you're wearing sunglasses, make sure that the side pieces of the glasses are on the outside of the gator to prevent gaps. If you're wearing goggles, wear the strap on the outside of the gator so that it anchors the gator to the back of your hat.

Tips & Warnings

- Wear the gator **OVER** your hat but **INSIDE** your coat.
- Adjust the front of the gator to cover your nose and mouth in extremely cold weather.
- Never wait until you are already cold before wearing a gator, Put it on early in the day.