COLD WEATHER CLOTHING GUIDE

KIPSTA collection | Thermal base layers | Football boots | Gloves | Training clothing |

ICFA sessions continue throughout the winter season. With the right clothing, children can train comfortably and safely in cold, windy, and wet conditions.

We recommend dressing in lightweight layers that keep players warm without restricting movement. All links have been selected to help parents choose suitable clothing.

BASE LAYER (ESSENTIAL FOR COLD WEATHER)

- **Worn under training layer:** Kipsta KEEPDRY 500 Thermal Top & KEEPDRY 500 Thermal Leggings for temperatures between 7-15 °C.

Tip: For very cold mornings (below 5 °C), use the HEATKEEPER range.

Under NO circumstances can players wear clothing made of heavy natural fibers during rain or freezing-rain conditions. These materials retain moisture, lose insulation when wet, and can quickly lead to undercooling in windchill conditions.

Shop base layers: decathlon.nl/kipsta-thermokleding

TRAINING LAYERS

- **Lightweight layer:** Kipsta ESSENTIAL, VIRALTO or CLR Shorts and T100, VIRALTO or CLR Long Sleeved Training Top
- **Additional outer layer:** Kipsta ESSENTIAL, VIRALTO or CLR Tracksuit Top and Pants on very cold days.
- **Waterproof layer:** Kipsta VIRALTO Waterproof Football Jacket. This must be form-fitting to allow movement and prevent snagging.

REGULAR WINTER COATS/PADDED JACKETS ARE UNSUITABLE FOR TRAINING.

Shop training clothing: decathlon.nl/voetbal-trainingskleding

ACCESSORIES (CRITICAL FOR WARMTH)

- Kipsta KEEPWARM hats, gloves, and neck warmers.

No bulky or loose hats, scarves, or gloves— trailing items can get caught or fall off and hinder play. Trailing scarves are not permitted during practice.

Shop Gloves: decathlon.nl/kipsta-handschoenen

SOCKS, SHIN GUARDS & FOOTWEAR

- **Socks**: Kipsta ESSENTIAL or VIRALTO Football Socks.
- **Shin guards**: Kipsta F100 or Essential 140 Shinguards
- **Football boots**: Kipsta Agility 100 AG/FG.

Shin guards are MANDATORY for all players.
If Academy players do not have shin guards, they will be excluded from practice/game element in practice.

Shop Footwear: decathlon.nl/kipsta-voetbalschoenen

AFTER TRAINING

- Bring a dry hoodie or sweatshirt and clean socks/shoes, gloves & hat for after class kept in a separate bag.
- Keep regular winter coats worn to training dry in a plastic bag for wear afterwards.
- Use a waterproof kit bag or plastic bag to separate muddy boots.
- A microfiber towel is helpful if changing on-site.

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