

Scott & Ariane's Insulated Clothing – Trust The Trail Podcast



My winter parka is still a [Feathered Friends Helios Down Jacket](#). And the [First Ascent Downlight Goose Down Jacket](#) My ultralight down jacket is the [Enlightened Torris Apex Pullover](#) and is the jacket I pack for quick overnight trips when I know I'm not going to be spending much time hanging around camp outside of my sleeping bag at night.

I've worn this jacket more than any other insulating piece this year, and the insulation has held up well – it's retained more than 90% of its loft after more than 80 days of use this year. I also have used the [First Ascent Cloud Layer Pro Full Zip Midlayer](#)

My new [Unisex Super Thermo Long Sleeve Shirt Base Layer](#) is a new favorite winter base layer. It's the only base layer I've ever worn that doesn't get saturated regardless of my exertion level.

I've been more and more impressed with the Enlightened Equipment and Hyperlite by the way as far as packs and sleeping systems.