

Clothing, Sleeping Bag and Sleep
Your Host Mors Kochanski
113 Minutes

CLOTHING

1. What is the switch over point for frost formation in clothing:

Ans: 0 degrees F or about -18 degrees C.

2. What is the maximum thickness of clothing for active wear?

Ans: A working thickness of 3 cms. and an additional 1 cm. for wind.

3. What is the temperature at which the body is in balance with the temperature surrounding it?

Ans: About 25 degrees C.

4. At what skin temperature will the body start producing sweat to cool off?

Ans: 31 degrees C.

5. What is the function of good outdoor head gear?

Ans: 1. Good headgear should protect the eyes from branches and the glare from the sun.

2. Good headgear should protect the head from the chilling effects of the wind.

3. Good headgear should not interfere with proper vision.

4. Brightly colored headgear should be worn in hunting season.

6. What are the maximum number of insulation layers to provide maximum efficiency.

Ans: Five layers.

7. What is the function of insulation?

Ans: To trap and hold against the skin, the air warmed by the body.

8. What are the functions of a hood?

Ans: To keep snow out of the neck and to increase the warmth holding effectiveness of your clothes.

9. What is the problem of cotton in outdoor wear?

Ans: The chilling caused by the evaporation of moisture from cotton could cause hypothermia where being naked would have prevented it.

10. How does weight of footwear relate to exhaustion?

Ans: A kilogram of footwear is as exhausting to wear as a five kilogram pack.

11. What are the two predominant types of winter footwear?

Ans: 1. Wet cold footwear that is meant to keep out external moisture in temperatures above -18 degrees C.

2. Dry cold footwear that tries to rid the moisture put out by the foot at temperatures below -18 degrees C.

12. How do you prepare for the possibility of immersing your feet in water?

Ans: Wear at least two pairs of wool socks against the skin and walk only in your socks to prevent your feet from freezing.

SLEEPING BAG

13. What is an optional combination of sleeping mats according to Mors Kochanski?

Ans: A 3/8 inch closed cell foam on top of a four inch thick open celled foam.

14. When you are cold in your sleeping bag, what is likely the problem?

Ans: You do not have enough thickness in insulation for that temperature.