

DRESSING FOR THE COLD

Derived from the writings of M. Kochanski Wilderness Living Skills Instructor
Nothing outranks clothing for its importance in survival.

- * When active keep comfortably cold to prevent sweating.
- * When inactive use enough insulation to be comfortably warm.

X = The max thickness of 3 cm that you will ever need when active in still air. **W** = One cm. more is needed in strong winds.

HANDS 1. Thin gloves with thumb and forefinger tips cut off. 2. Duffel or wool mitt. 3. Snug leather outer mitt. 4. There should be a good fit between mitts and sleeve.

UPPER & LOWER BODY
 Sanitary layer next to the skin with no voids. It should quickly wick away any moisture touching skin - laundered frequently.

INSULATION layers 1, 2, & 3, thick, medium and thin should have combined thickness of 3 cms. **INSULATION layers** 4 & 5 have comb thickness of 1 cm for windy conditions.

ENVIRONMENTAL layer is matched to current weather requirements of **WIND & RAIN**.
 * A pound on the foot is as tiring as 5 pounds on the back.

HEADGEAR should not allow any wind to penetrate. The effectiveness of a windbreaker is doubled with a hood. **Be coming wet is serious, but wind is to be feared the most. Always carry a good wind-proof shell.**

* When you cannot touch thumb to little finger immediately take steps to warm up.

FOOTWEAR

- A. 3prs wool socks.
- B. High duffel.
- C. Low duffel.
- D. Mesh insole doubles the effectiveness of any footwear, as do 3prs of socks.
- E. High outer boot to exclude snow.
- F. Rubber height for cold-wet (temps above 0°F or -18°C).
- G. Rubber height for dry-cold (temps below 0°C).

3, 2, 1 - Wool socks. If immersed walk in socks only to prevent injury.

