

Principles Of Keeping Warm



Norway In Wintertime

The Problems Are:

- ◆ Climatic Conditions.
- ◆ Survival In Winter.
- ◆ Mobility.
- ◆ Terrain.

Body Heat Loss

- ◆ Head.
- ◆ Neck.
- ◆ Waist.
- ◆ Wrist.
- ◆ Hands.
- ◆ Ankles.
- ◆ Feet.

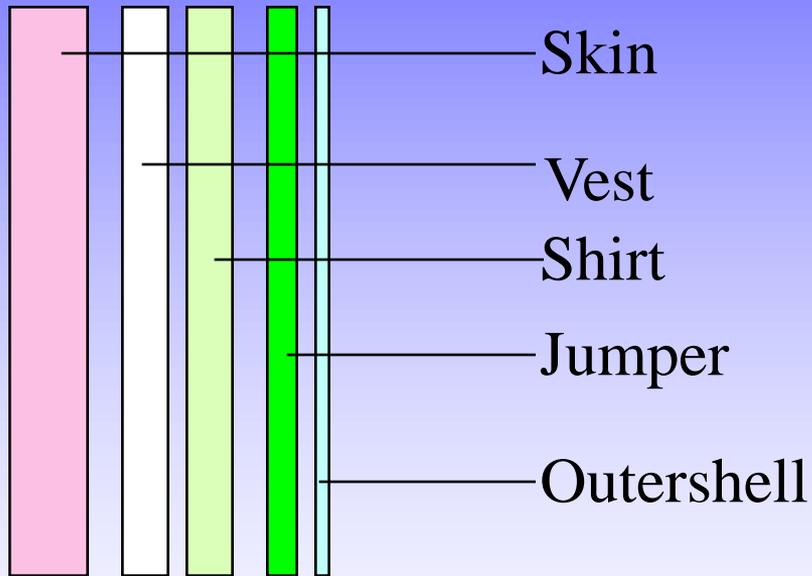
Requirements Of Clothing

- ◆ Provide Adequate Insulation at - 40 C While Remaining Suitable for Wear at Above Zero Temps.
- ◆ Be Light in Weight, Flexible and Not Bulky.
- ◆ Be Moisture Proof.
- ◆ Be Durable and Pol Resistant As Far As Possible.

Principles Of Clothing Design

- ◆ Insulation.
- ◆ Layer Method.
- ◆ Ventilation.
- ◆ Footwear.

Layer Principles



Clothing

The Headwear System

- ◆ Hat-summer.
- ◆ Hat-winter.
- ◆ Headover / Balaclava.
- ◆ Facemask.
- ◆ Goggles.
- ◆ Hood / Windproof Smock.

The Handwear System

- ◆ Mitt-cold Weather Outer.
- ◆ Mitt-cold Weather Inner.
- ◆ CS 95 Glove.
- ◆ Contact Glove.
- ◆ Wristlet.

The Footwear System

- ◆ Alico Ski-march Boots.
- ◆ Insoles.
- ◆ Arctic Socks-2prs (If Req'd).
- ◆ Snow Gaiters (Yeti if Issued).
- ◆ Duvet Boots.
- ◆ Moon Boots.

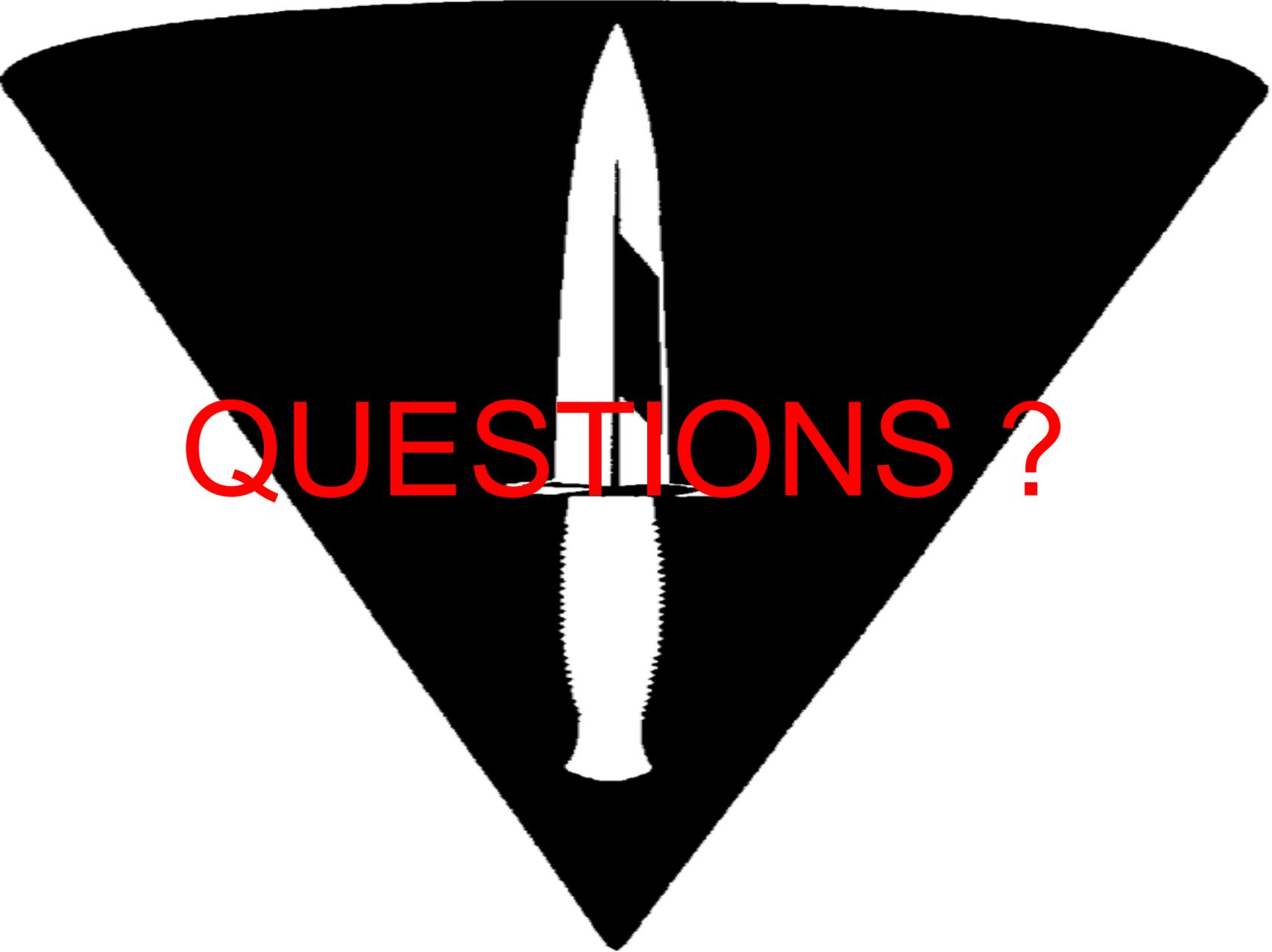
Principles Of Keeping Warm

◆ Clean

◆ Overheating

◆ Loose Layers

◆ Dry

A black inverted triangle with a white silhouette of a pen nib inside. The nib is oriented vertically, pointing upwards. The word "QUESTIONS ?" is written in red, bold, sans-serif capital letters across the middle of the triangle, overlapping the nib.

QUESTIONS ?

