







# 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.

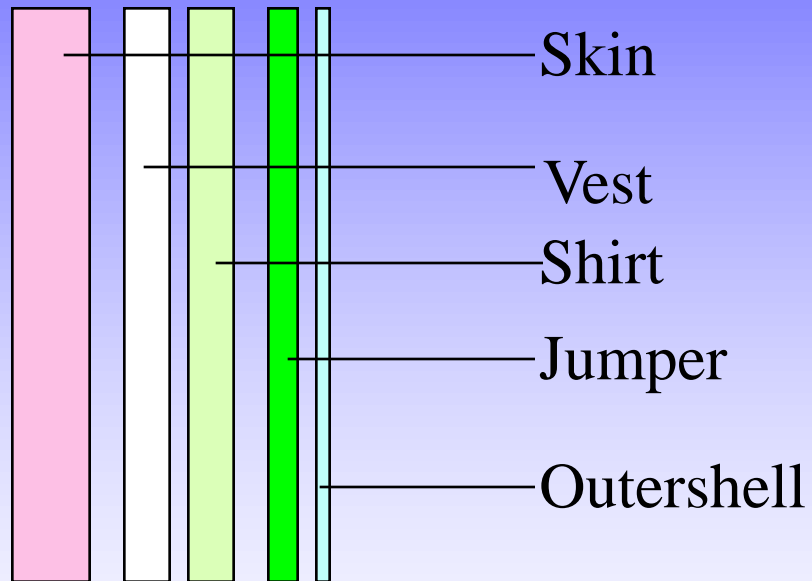
# Requirements Of Clothing

- ◆ 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



QUESTIONS ?



