

## Wind Chills 32°F to 20°F

### **Cold**

- Insulated winter coat
- 1-2 layers (*wool or synthetic material preferred*)
- Outer layer to keep wind out
- Hat covering ears
- Gloves
- Insulated footwear



## Wind Chills 20°F to 0°F

### **Very Cold**

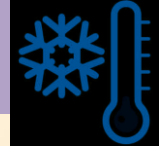
- Heavy insulated coat
- **2-3 layers** (*wool or synthetic material preferred*)
- Insulated waterproof boots
- Gloves or mittens
- Warm Hat



## Wind Chills Below 0°F

### **Extreme Cold**

- Heavy Insulated coat
- **3 + layers with 1 insulating** (*wool or synthetic material preferred*)
- Outer shell to keep wind out
- Insulated waterproof boots
- **Face covering/scarf**
- Gloves
- Warm Hat



Limit exposure time

# **Winter Layering for Cold Weather**

Reference from UR Cold Stress Guidelines & National Weather Service

### **Frostbite Prevention:**

- Reddened skin develops gray/white patches.
- Numbness
- Firm or hard skin
- Blisters

### **Symptoms of hypothermia include:**

- Shivering
- Loss of coordination
- Fumbling with items
- Dilated pupils
- Confusion, disorientation
- Inability to walk
- Slowed Respiration