

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

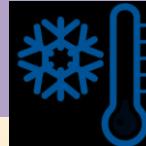
- Heavy insulated coat
- **2-3 layers (wool or synthetic material preferred)**
- Insulated waterproof boots
- Gloves or mittens
- Warm Hat



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