

*To Be Warm in Winter,  
simply remember COLD and CHIP!*

**C** Keep clothes **CLEAN**, change daily or more often. Over time the oils, sweat, odour builds up and reduces wicking and ventilation ability of clothes

**O** avoid **OVERHEATING**, don't hesitate to ventilate, strip down before you wet down.

**L** **LAYERS**: the well dressed onion has many thin layers to add or subtract to be warm enough

**D** **DRY**: Les Stroud: "You Sweat, You Die!" so STAY DRY, replace wet layers with dry ones.



**C** **CIRCULATION**: blood is the conveyer belt of heat from the core to the extremities, clothing everywhere must not be so tight as to constrict blood flow or cause pooling. Especially: feet in boots, hands in mittens, torso layers and shells.

**H** **HYDRATION**: deliberate regular drinking of water replaces what is lost through sweat and breathing, improves circulation, and reduces the risk of hypothermia, frost nip and frost bite.

**I** **INSULATION**: having enough clothing in layers so that heat is not lost by conduction, convection or radiation, keeping the skin warm enough will not trigger automatic responses such as shivering, constriction of circulation to the extremities, preservation of the core.

**P** avoid **PERSPIRATION**: adjust **before** you sweat, ventilate well, change wet layers as required.