

Drink more often, snack more often

### CONVECTION (50%)

How- Air heated by skin expands, rises through clothing  
Escapes. Increased by wind

Do- Wind-proof outer shell, hood, hat, skin covered  
Shelter when stopped, use wind breaks

### RADIATION (30%)

How- heat emitted at skin surface as infrared radiation  
Increased by exposure and ventilation

Do- Insulate: cover up, adequate Layers, trap still air

### CONDUCTION (5%)

How- heat transmitted by cold contact (metal, water, snow)

Do- Insulate between you and the ground  
Rubber soled boots, closed cell foam pad, sit-upons

### EVAPORATION (5%)

How- Water has a high heat capacity (takes a heat to warm  
it up, loses heat slowly, holds a lot of heat vs air)

Evaporation of sweat draws heat from the body

Do- Keep Dry! Adapt layers to effort, base layers wicking  
Ventilate, brush off snow, waterproof outer shell,

### RESPIRATION (10%)

How- Inhaled air is heated and moistened

Exhaled air gives away heat and moisture

Do- Breathe through nose, (adjust effort)