



## **WIND CHILL | TIPS FOR STAY WARM**

- Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Outer garments should be tightly woven, water repellent, and hooded.
- Protect your skin, by covering it as much as possible.
- Wear a hat, because 40% of your body heat can be lost from your head.
- Protect your ears by wearing earmuffs or a hat that covers them.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.
- Try to stay dry and out of the wind.
- Minimize the amount of time you are outside as much as possible.