

BASIC LAYERING FOR COLD WEATHER:

When working in cold weather the concept of layering will keep you warm and safe. How to layer:

1. Base layer – long underwear – transport sweat off your skin
2. Middle layer – insulating layer – retain your body heat and protect you from the cold
3. Outer layer – shielding layer – shields off rain and wind

WIND CHILL FACTOR

		AIR TEMPERATURE IN C																
		0	10	7	4	1	-2	-5	-8	-11	-14	-17	-20	-23	-26	-29	-32	-35
WIND SPEED M/S	2	9	6	2	-1	-5	-8	-12	-15	-19	-22	-26	-29	-33	-36	-40	-43	
	3	9	5	1	-2	-6	-10	-13	-17	-20	-24	-28	-31	-35	-38	-42	-46	
	4	8	4	1	-3	-7	-11	-14	-18	-22	-25	-29	-33	-36	-40	-44	-47	
	5	8	4	0	-4	-8	-11	-15	-19	-23	-27	-30	-34	-38	-42	-46	-49	
	6	7	3	0	-4	-8	-12	-16	-19	-23	-27	-31	-35	-38	-42	-46	-50	
	7	7	3	-1	-5	-8	-12	-16	-20	-24	-27	-31	-35	-39	-43	-46	-50	
	8	7	3	-1	-5	-9	-13	-17	-21	-25	-28	-32	-36	-40	-44	-48	-52	
	9	6	3	-2	-5	-9	-13	-17	-21	-25	-29	-33	-37	-41	-44	-48	-52	
	10	6	2	-2	-6	-10	-14	-17	-21	-25	-29	-33	-37	-41	-45	-49	-53	
	11	6	2	-2	-6	-10	-14	-18	-22	-26	-30	-34	-38	-42	-46	-50	-54	
	12	6	2	-2	-6	-10	-14	-18	-22	-26	-30	-34	-38	-42	-46	-50	-54	
	13	6	2	-3	-7	-11	-15	-19	-23	-27	-31	-35	-39	-44	-48	-52	-56	
	14	6	1	-3	-7	-11	-15	-19	-23	-27	-31	-36	-40	-44	-48	-52	-56	
	15	5	1	-3	-7	-11	-15	-19	-23	-28	-32	-36	-40	-44	-48	-52	-56	
	16	5	1	-3	-7	-11	-15	-20	-24	-28	-32	-36	-40	-44	-48	-52	-56	
	17	5	1	-3	-8	-12	-16	-20	-24	-29	-33	-37	-41	-45	-50	-54	-58	
	18	5	1	-4	-8	-12	-16	-20	-24	-28	-32	-36	-40	-45	-49	-53	-57	
	19	5	1	-4	-8	-12	-16	-20	-25	-29	-33	-37	-41	-46	-50	-54	-58	
	20	5	0	-4	-8	-12	-16	-21	-25	-29	-33	-37	-42	-46	-50	-54	-59	
	21	5	0	-4	-8	-13	-17	-21	-25	-30	-34	-38	-43	-47	-51	-56	-59	
	22	4	0	-4	-8	-13	-17	-21	-25	-29	-34	-38	-42	-46	-50	-55	-60	

BASE LAYER:

There is a large variety of fabrics, synthetics (polyester, nylon) and natural fibers (merino wool and silk). Each fabric has its benefits, simply go for your own preference.

MIDDLE LAYER:

The middle layers also come with a wide range of fabric options, both synthetic and natural. Generally, the thicker the layer the warmer it is.

OUTER LAYER:

It is important to have good quality shielding layer, since it will keep the water and wind outside of the inner layers. There is a wide price range from the simplest wind resistant jacket up to professional mountaineering jackets.

Most of the jackets allow, at least some, perspiration escape and are at the same time water repellent.

PROTECT · PREVENT · PERFORM