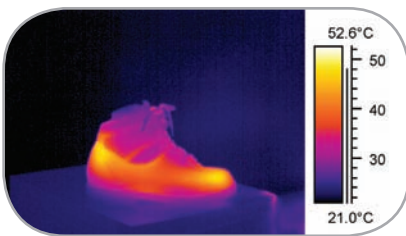


Thinsulate™ INSULATION

expert advice



My Feet Get Cold First



One of the most difficult parts of your body to keep warm is your feet. That's because they're the farthest, physically, from your body's warm core.

Here are some tips for keeping your feet as warm and comfortable as possible.

Make sure your boots fit properly

- Select a style of boot suited to the activity you'll be using it for (Example – hunting, hiking, etc.)
- Try on several boots with the appropriate sock system until you're sure of a good fit

Sizing

- When trying on cold weather boots, start with a half-size larger than your street shoes
- Try the boots on with the sock system you're planning to wear
- Slide your foot all the way forward into the boot, you should be able to slide one finger behind your heel
- Change sizes if necessary until it's right
- Move your foot into a comfortable position and close the boot
- It should be snug without pressure points but still have plenty of wiggle room for your toes
- Walk around (including uphill and downhill) until you're comfortable
- Your heel should not move more than a half-inch, nor should your toes touch the front of the boot

Socks

- Generally, two pairs of socks are the best bet:
 - A thin liner sock that's wickable, like polypropylene
 - A thick outer sock of wool
- The sock system should not overcrowd the boot, making it too constricted for good circulation

Start with warm, dry feet and footwear

- Keep your socks and boots inside your car (not the trunk) on the way to your destination
- If your feet sweat, put on fresh, dry socks just before going out, or anytime after a period of activity prior to resting

Keep your feet dry

- Consider purchasing waterproof boots
- Use foot powder or antiperspirant on your feet
- Use waterproof, breathable socks or boot liners

Keep your body warm and your metabolism high

- Your body core and head must be kept warm to allow for circulation to other body parts
- If either your body core or head are too cold, your body will shut down the heating of extremities in order to keep the core and head warm, causing your feet and hands to get cold
- Eating calorie-rich foods and drinking lots of liquids will keep your body energized
- Chemicals in caffeine and nicotine will have the opposite effect

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