

Thinsulate™ INSULATION

expert advice



Guidelines for Dressing Warm



Here are some basic guidelines for dressing warm in cold weather:

- Cover all body parts
- Stay dry
- Dress in layers

Breathable Layer: This is the layer that comes in contact with the skin. It should allow body moisture to escape and evaporate more quickly, which keeps the skin dry and comfortable. Use thermal underwear made of synthetic fibers like polyester and polypropylene to wick moisture away from the skin. Avoid natural fibers such as cotton, they tend to hold moisture close to the skin and dry very slowly.

Insulating Layer: The insulating layer creates dead air space between the layers of clothing, trapping warm body air and keeping it around the body. Look for outerwear that is warm, water-resistant and well insulated with a synthetic fiber such as Thinsulate™ Insulation.

Outer Shell: This layer protects against environmental elements such as wetness and wind, but must allow body moisture to evaporate. All three layers are important factors in staying warm and comfortable.

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Outerwear

- Machine-washable jackets retain their waterproofing better than those that require dry-cleaning. Jackets with sealed seams also prevent water from getting in.
- Look for outerwear containing Thinsulate™ Insulation, it provides about 1 ½ times the warmth of down and nearly twice the warmth of other high-loft insulations when equal thicknesses are compared. It's hypoallergenic, odorless, breathable, durable and easily dried.
- Look for features such as cuffs that close tightly to keep out cold air and snow, zippers with large nylon teeth, and storm flaps over the zippers to block wind and water.

Footwear

- Wet feet become cold and numb quickly, keep your feet dry by wearing appropriate boots.
- When your feet become wet (through sweating or immersion) you need to put on dry, fresh socks.

Accessories

- Wear a hat at all times, 70% of heat loss is through your head.
- Ear bands are not substitutes for hats.
- Waterproof gloves and mittens lined with synthetic insulation such as Thinsulate insulation are effective insulators, keep your hands covered at all times.
- Mittens keep hands warmer than gloves but offer less dexterity.
- Keep these guidelines in mind the next time you venture out in cold weather.