

Thinsulate™ INSULATION

expert advice



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Tips for Staying Warm from Polar Explorer Will Steger



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Staying warm is just one important detail for Will Steger during his expeditions to places like the North Pole, the High Arctic region, and Antarctica. Through all his expeditions and experience he's found that Thinsulate™ Insulation in his cold weather parkas and thermal suits helps him stay warm when he's out in the cold. Here are some more of Will Steger's tips to beat extreme cold.

Will Steger's Top Six Easy Ways to Stay Warm

Insulate yourself from the cold.

- The better quality the insulation in your clothing and the more air it traps, the warmer you'll be. Thinsulate insulation is an effective insulator while providing "warmth without bulk" because the fibers are finer than most insulation, so it helps trap more air in a smaller space.

Cover up.

- To protect yourself from cold wind, cover all exposed skin. Wind dries and chills any exposed skin, and robs heat from your body as it sneaks into your clothing, replacing warm air with cold, making you feel cold.

Wear layers.

- Especially if you're not sure exactly what to expect when going out in the cold, wear layers so you can put them on, or take them off as necessary to keep your body temperature as comfortable and consistent as possible.

Stay dry.

- Be sure to wear clothing that is warm, moisture-resistant, and breathable. Synthetic fibers, such as clothing that features Thinsulate insulation, are much more effective at staying dry than natural fibers. Your body will lose heat 240

times more quickly to water than to air. If you let your insulation get wet from sweat, snow or water, your insulation will lose much of its ability to keep you warm. Try to adjust your layers before you start sweating and if clothing gets covered in snow, brush off the snow before it melts.

Drink plenty of fluids.

- Keeping hydrated will help your body stay warm.

Get Moving.

- Keeping active will help you stay warm when it's cold, such as trekking around the Arctic!

About Will Steger: Polar Explorer, Educator, Environmental Advocate

A formidable voice calling for understanding and the preservation of the Arctic and the Earth, Will Steger is best known for his legendary polar explorations. He has traveled tens of thousands of miles by kayak and dogsled for more than 45 years, leading teams on some of the most significant polar expeditions in history, earning him the Lifetime Achievement award from National Geographic Adventure Magazine in 2007. Will led the first confirmed dogsled journey to the North Pole without re-supply in 1986, the 1,600-mile south-north traverse of Greenland (the longest unsupported dogsled expedition in history) in 1988, and led the first dogsled traverse of Antarctica (the historic seven month, 3,471-mile International Trans-Antarctica Expedition) in 1989–90. Will has continued his commitment to education and exploration through the Will Steger Foundation (www.willstegerfoundation.org). Recent expeditions have included a dynamic online component and have taken Will and his expedition teams to Ellesmere Island and Baffin Island in Canada's High Arctic. From the front lines of global warming, Will Steger is inspiring, educating and empowering people around the world to take action on global warming solutions. For more information on Will Steger's expeditions, visit www.globalwarming101.com.