

DRESSING

FOR COLD



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DRESSING FOR COLD



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About This Book

This book tells how to dress for cold weather
in Alaska and the North. It will help you dress
for temperatures and wind chill to -50°F .

Learn to stay warm!

It is not easy to stay warm in very cold weather. Animals have fur. But people must **choose** warm clothes. You need to think about the weather and what you will do outside. Learn how to use warm clothes.

If you are cold you may be in danger. Stay warm when you walk or drive in the cold. Stay warm when you hunt, fish, or play sports in the winter. You can be warm if you dress for cold weather.

In this book

This book will help you choose the clothes you need. You will learn about:

1. Body heat basics (pages 2–5).
2. How to wear layers (pages 6–13).
3. Warm coats, hats, mittens, and boots (pages 14–23).
4. Kids in the cold (pages 24–26).

Body heat basics

Your body makes heat from the food you eat. You also make heat when you move. Your body's heat is like the warmth of a light bulb. Heat moves out of your body and warms the air around it. Warm clothes hold body heat close to your skin.

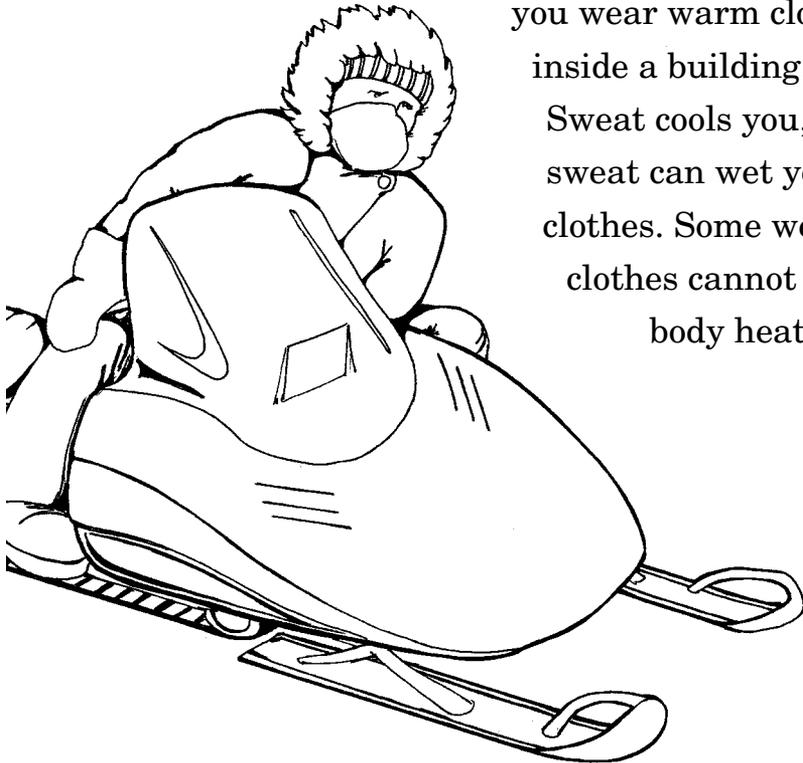


Half of your body's heat is lost through your head. You also lose heat from your neck, armpits, the sides of your chest, and your groin.

A hat and coat warm your head and body. They can help warm your hands and feet too because when your head and body are warm, your heart sends more warm blood to your hands and feet.

You lose heat much faster in windy weather. A strong wind can make 20°F feel like -15°F. That is wind chill. You also get cold much faster if you are wet or sweaty.

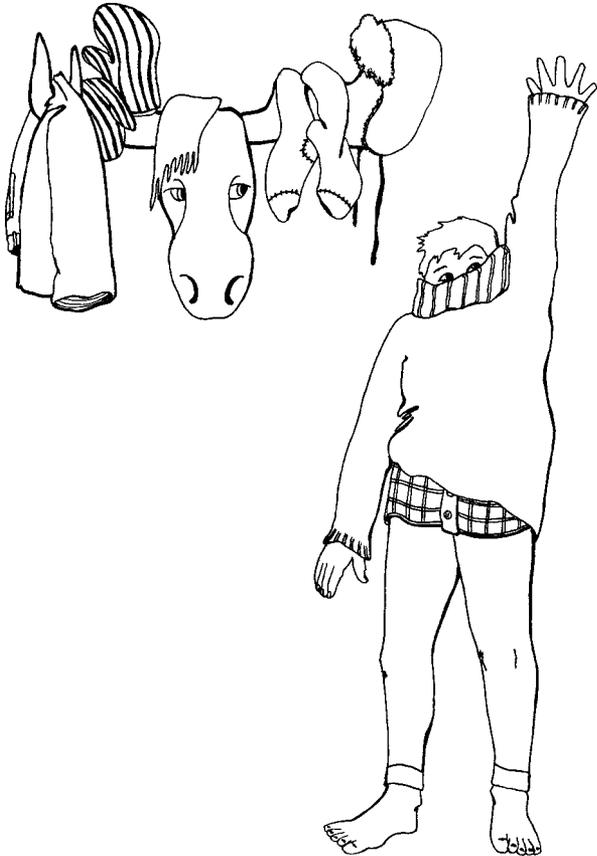
You sweat when you work or play sports outside. You sweat when you wear warm clothes inside a building. Sweat cools you, and sweat can wet your clothes. Some wet clothes cannot hold body heat.



Warm advice

- 1. Wear layers of clothes.** Layers are like blankets on a bed. Each layer adds insulation (in-suh-LAY-shun). Insulation keeps out the cold and keeps body heat close to your skin. And there is air between layers. The air is extra insulation.
- 2. Cover your head and neck.** They lose the most heat. Wear a thick hat or hood. Add a scarf or neck warmer.
- 3. Choose clothes for what you do outside.** Will you be sitting? Driving a car or snowmachine? Will you be walking or skiing? Chopping wood? You need different clothes if you are moving than if you are sitting still.
- 4. Be ready for wet or windy weather.** Choose clothes that keep out water and wind. Stay dry to stay warm. Protect your head and face.

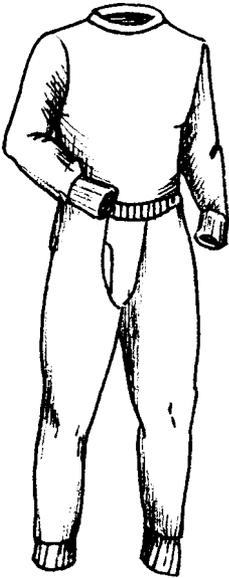
5. **Wear clean clothes.** Dirty or sweaty clothes will not hold your heat well. Wash outdoor clothes often. Carefully follow directions on the label.
6. **Take extra warm clothes with you.** Be ready for car trouble. You may have to walk in the cold.



How to wear layers

Layers of clothes are better than one thick coat. Add more layers in colder weather. Take off a layer when you are too warm.

First layer: Wear long underwear made of wool or wicking polyester (pall-ee-ES-ter). Wicking polyester takes sweat away from the skin. Wool and wicking polyester will keep you warm even if they are wet. Do not wear cotton. Cotton will not keep you warm when it is wet.



long
underwear



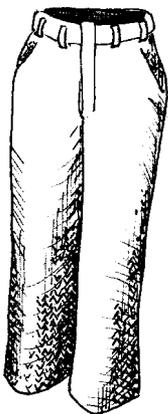
wool shirt



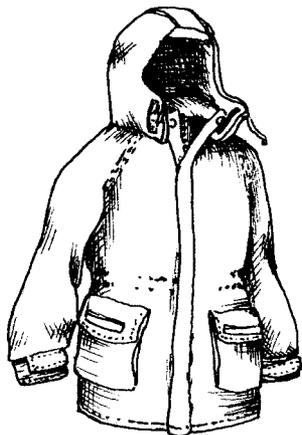
fleece jacket

Middle layers: Add thick, loose clothes to hold body heat. Wear shirts, sweaters, vests, or pants made of wool or synthetic (sin-THEH-tik) fleece. They keep you warm even when they are wet.

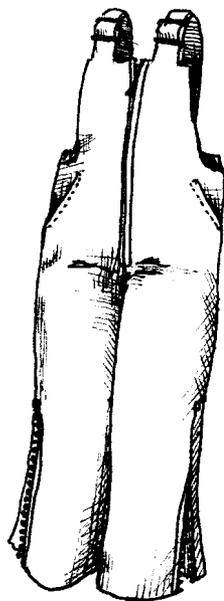
Outside layer: The outside layer protects the warm layers under it from rain, wind, and snow. This layer can be made of nylon (NI-lon), canvas, rubber, or Gore-Tex. Fabrics like Gore-Tex keep out light rain and snow, and they let sweat move through them. A thick coat or jacket may have an outside layer that stops wind and water.



**wool
pants**



coat



overalls

Sitting still in very cold weather

Wear many loose layers.

- Use long underwear made of wool or wicking polyester.
- Add a warm shirt and a thick sweater or down vest.
- Wear thick pants made of wool or synthetic fleece. If you do not have wool or fleece, wear thick corduroy pants.
- A long, thick coat or parka keeps you warm when it is very cold.
- Add snow pants or wear a snowmachine suit. They keep you warm when you sit on a cold seat.
- Will you sit for a long time? Take extra insulation for your seat. Thick blankets or foam will slow heat loss.



Work and sports in the cold

When you walk, ski, or work hard, you sweat.

- Wear long underwear made of wicking polyester, not cotton.
- Middle layers must hold heat even when they are sweaty. Wool or synthetic fleece are good choices. Do not wear cotton turtlenecks, sweat suits, or jeans.
- Choose coats and pants with zippers or vents. Open the vents to let out warm, wet air.
- Maybe you chop wood or move heavy loads. You work hard for a few minutes, then you stop, then you work again. Wear coveralls with thick insulation, like Carhartts.
- Maybe you shovel snow or snowshoe. You work hard for a long time without stopping. Wear a thin jacket or wind breaker and wind pants. They need to keep out wind, rain, and snow. Choose fabrics that let sweat move through them.

- When you are too warm, open your coat so extra heat can escape.
- Take a warm coat to put on when you stop moving.



Cold, wet, and windy weather

All layers must keep you warm even when they are wet.

- Wear long underwear made of wicking polyester or wool.
- Add shirts, sweaters, vests, and pants made of wool or synthetic fleece.
- Keep out wind and rain with a rain coat. Do not wear a rain poncho in cold weather. Ponchos are too loose. Your body heat will escape.
- Wear rain pants to keep your legs dry. Pants with a bib that covers your chest will keep you warmer.
- The outside layer must keep water out. Wear rubber or fabrics like Gore-Tex.

Rubber keeps out heavy rain. But when you work hard in a rubber coat, your clothes get wet with sweat. Gore-Tex is good for work and sports in light rain and snow. It lets sweat move through it. But Gore-Tex will **not** keep you dry if the fabric is dirty. It is also very expensive.

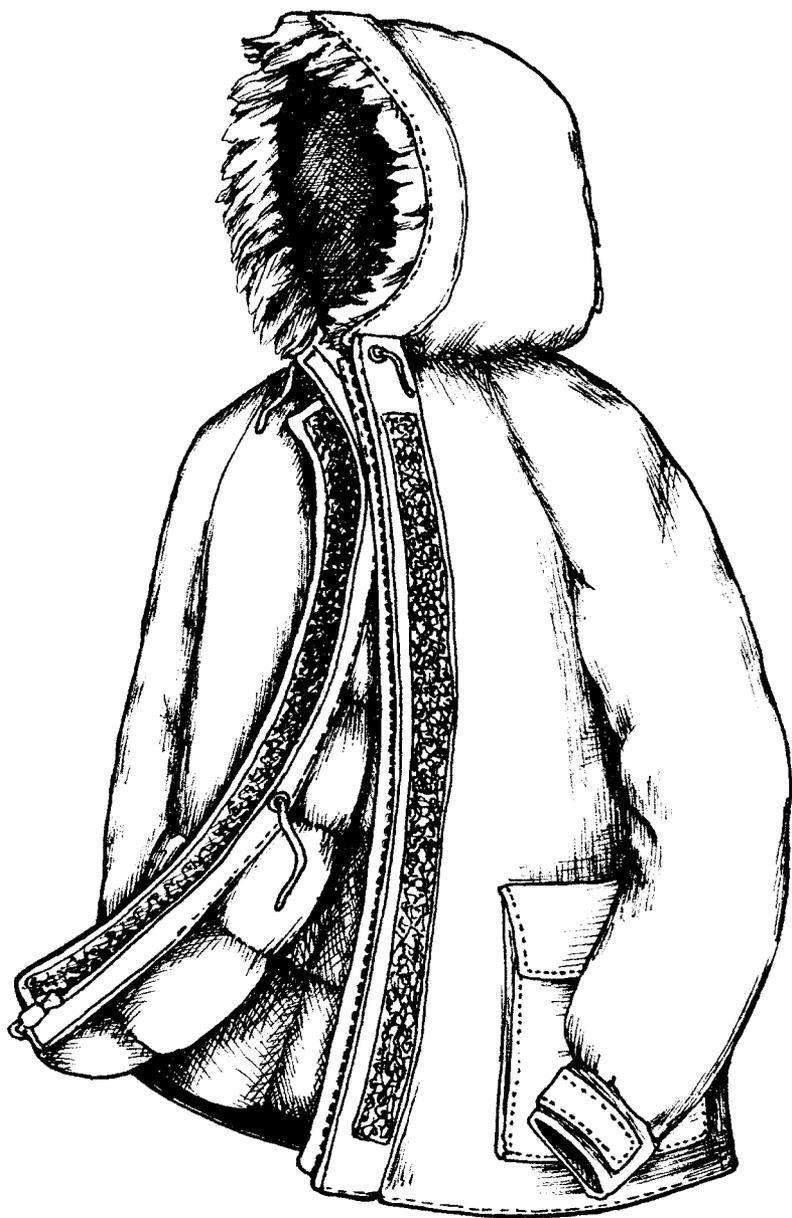


Choosing warm clothes

A warm coat or jacket fits loosely over your clothes. A long coat will warm more of your body. Choose a coat with:

- **A hood** to protect your head and neck. It must be thick and block the wind.
- **A belt or string at the waist.** Tighten it to keep out the cold air. Loosen it when you are too warm.
- **Cuffs at the wrist.** They stop cold air from going up the sleeves.
- **A zipper** that opens from the top and bottom. Unzip it when you are too warm.
- **Pockets** for mittens and to warm your hands.
- **Flaps** that cover the zippers. They keep out wind or water.

You can add a ruff to the hood. A ruff is fur sewn around the face. You can pull it in front of the hood. It will protect your face from the wind.



Insulation

Insulation in a warm coat holds heat close to your body. Insulation is synthetic or natural. Synthetic insulation is man-made. The kind of insulation is printed on your coat's label.

Synthetic insulation:

- **Fiberfill** is a thick, fluffy layer made of thin threads. Fiberfill stays thick and warm when wet. It dries quickly. It will last a long time. Fiberfill clothes are easy to wash.
- **Synthetic fleece** is a fuzzy, light fabric. It keeps you warm when it is wet, and it dries quickly.
- **Thinsulate** (THIN-suh-late) is a thin layer of insulation. It is light and you can move easily. It is good for outdoor sports.

Natural insulation:

- **Down** is made of small, light feathers. It is good for dry, cold weather. And it will last a long time. Down is very warm. But down will not keep you warm if it gets wet.
- **Wool** will keep you warm in cold weather. It can keep you warm even if it is wet.
- **Fur** is warm insulation. But fur may get wet quickly and dry slowly. It is very hard to clean.

A warm head

A hat is a coat for your head. It holds half your body heat close to you. A good winter hat covers your ears and fastens under the chin. A baseball cap will **not** keep you warm.

- Synthetic fleece, wool, and fur hats keep you warm in cold weather.
- Some hats have a brim to protect your eyes and flaps to cover your ears.
- A ski mask covers much of your face. It has holes for your eyes and mouth. A ski mask will help keep out the wind on a snowmachine ride.



fleece hat



fur hat



hat with
ear-flaps

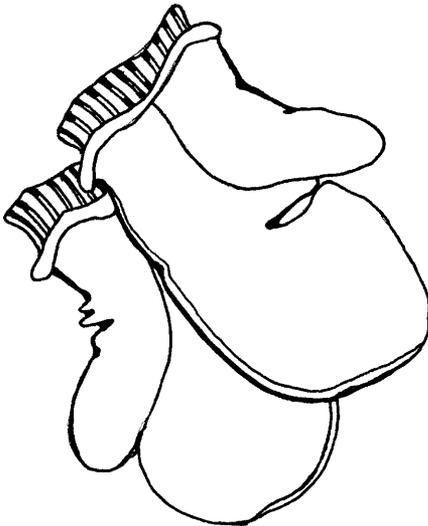
- When you are too hot, wear a headband or earmuffs to cover only your ears. Extra heat will escape from the top of your head. Put on a hat when you stop working.
- In wet weather, wear a waterproof coat with a hood. Or wear a rain hat with a wide brim. It helps you see clearly and keeps your neck dry.
- In very cold weather, wear a thick hat under a hood. Add a neck warmer or scarf.

**ski mask****rain hat****hat and hood**

Warm hands

Mittens are warmer than gloves. Your fingers help to keep each other warm. In the coldest weather, wear layers of mittens on your hands. In rain or snow wear mittens with covers that keep out water. Cuffs will keep snow off your wrists.

Wear gloves with thick insulation when you must use your fingers for sports or hunting. Put on big mittens when you are not using your fingers.



Heat for feet

Socks

Your socks and boots work together to keep you warm and dry. Wear layers of socks. The first layer helps take sweat away from your skin. Use thin socks made of wicking polyester. Cover them with thick wool or fleece socks.



polyester socks



wool socks

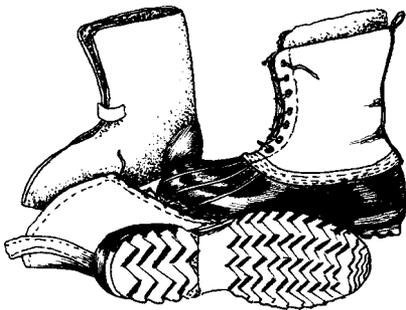
Your feet sweat when you move a lot. They will get cold when you stop moving. Feet also sweat when you stay indoors too long. Always carry extra socks with you. Change socks when your feet get wet or sweaty.

Boots

Warm boots keep your feet dry and warm. They also protect the bottom of your feet from the cold ground. Thick felt pads under your feet inside your boots will make them warmer.

Look at the bottom of the boots—the tread. A rough tread will help you walk safely. A smooth tread will slip on ice and snow.

- Boots like Sorels keep feet warm in wet and dry weather. They have rubber on the bottom with fabric or leather above. Thick felt liners are inside. Take out the felt liners to dry them overnight.

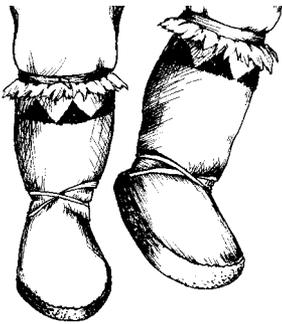


Sorels



felt boots

- Mukluks and felt boots are warm in dry, cold weather. Mukluks are made of animal skins and fur.
- “Bunny boots” are big, heavy rubber boots. They are good for very low temperatures and cold, wet weather.
- Rubber boots are best for wet snow and rain. If your feet get wet, you are in danger. Wear warm socks inside rubber boots. Some rubber boots have Thinsulate insulation.

**mukluks****bunny boots****rubber boots**

Kids in the cold

Children need the same warm clothes as adults. Parents need to think about these things:

- Sometimes children are cold but they do not tell anyone.
- Children run and play more than adults. They can get hot quickly. Use layers of clothes. Teach children how to take off layers when they are too hot.
- When children stop playing they get cold quickly. Show them how to add layers when they feel cold.
- One-piece snowsuits are easy for children to put on and take off.
- Cover a child's head. Use a hat, hood, or face mask.
- A neck-warmer is easier to use than a scarf.
- Clip mittens to a child's coat. Or sew them to the ends of a long string. Pull the string through the sleeves of the coat. Mittens with long cuffs keep out the snow.

- Be sure that clothing and boots fit well. Children grow quickly. Coats and boots that are too tight will not hold body heat. When clothes are too small, cold can reach a child's neck, wrists, and ankles.
- Make clothes easy to see during dark winter days and nights. Buy light-colored clothes. Add reflective (ree-FLECK-tiv) tape to coats and snowsuits.
- Teach children to take good care of outdoor clothes. Hang clothes up to dry. Wash outdoor clothes often.



Warm babies

Babies need extra care. They lose heat faster than older children. They can become too hot or cold quickly. They do not shiver like adults.

Parents need to watch closely. A hot baby will be red and fussy. A cold baby will have cool hands or feet. If a cold baby seems too tired or has no energy, it may be in danger.

- Always use a hat or warm hood. Without hair, a baby's head needs extra insulation.
- Take off layers when you take babies inside. Add layers when you take babies outside.
- Share your body heat when you walk outdoors. Carry your baby close to your body in a front pack.
- Warm the car seat in the house.
- Cover the car seat or stroller with a blanket to trap warm air. Make an opening for fresh air to reach the baby's face.

Ready for cold!

Without warm clothes your whole body can get too cold. Then you have hypothermia (hi-poh-THERM-ee-ah). Sometimes your skin or part of your body can freeze. That is frostbite. Read other books in this series about cold injuries.



Be ready.

Think about the weather and what you will do outside. Wear clothes to meet your needs. Be safe and warm in the cold.

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