

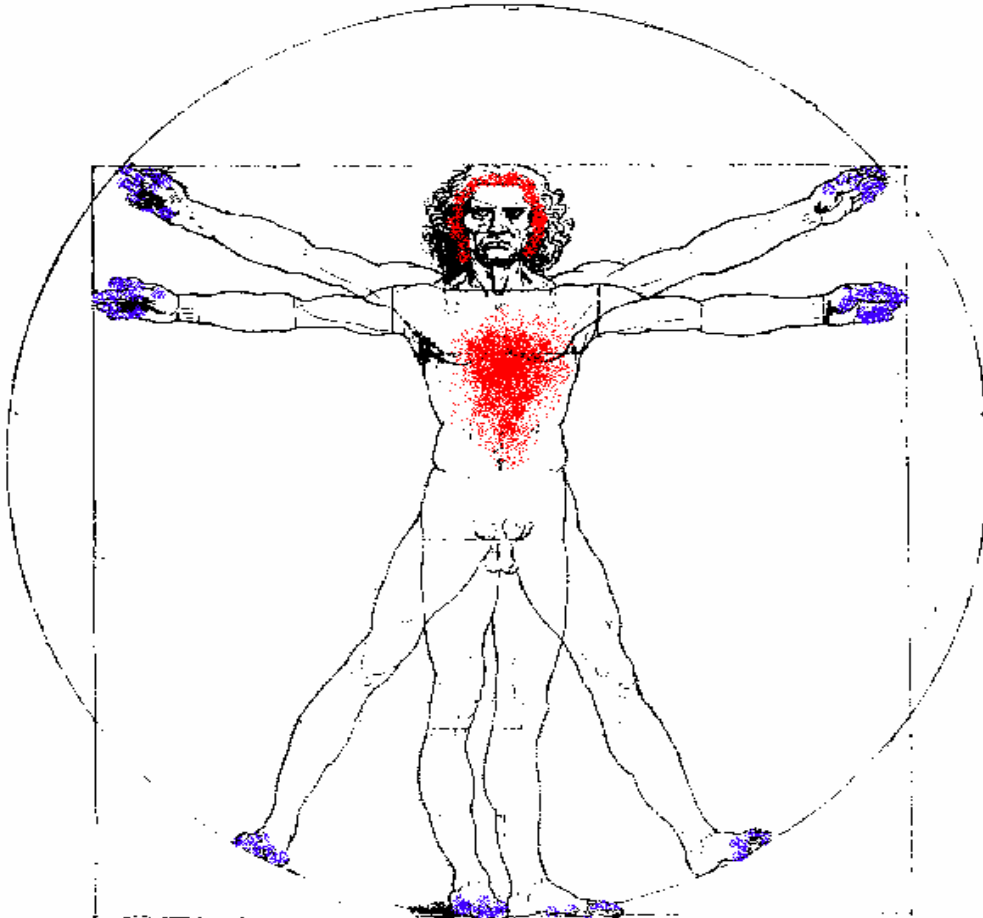
COLD WEATHER PREPARATION

Heat Generation

- ◆ Physical Activity
- ◆ Shivering
- ◆ Digestion of food

Heat Conservation

- ◆ Fat layer
- ◆ Hair
- ◆ Vasoconstriction



Heat Loss

- ◆ Vasodilation
- ◆ Evaporation
- ◆ Radiation
- ◆ Conduction
- ◆ Convection

Heat Preservation

- ◆ Keep dry
- ◆ Insulate head
- ◆ Insulate hands and feet
- ◆ Insulate body
- ◆ Avoid contact with cold objects
- ◆ Avoid wind
- ◆ Eat
- ◆ Stay active