



Clothing

"If you can fight and survive in the extremes of the Arctic, you can fight anywhere in the world"

NATO UNCLASSIFIED

NATO Centre of Excellence
Cold Weather Operations

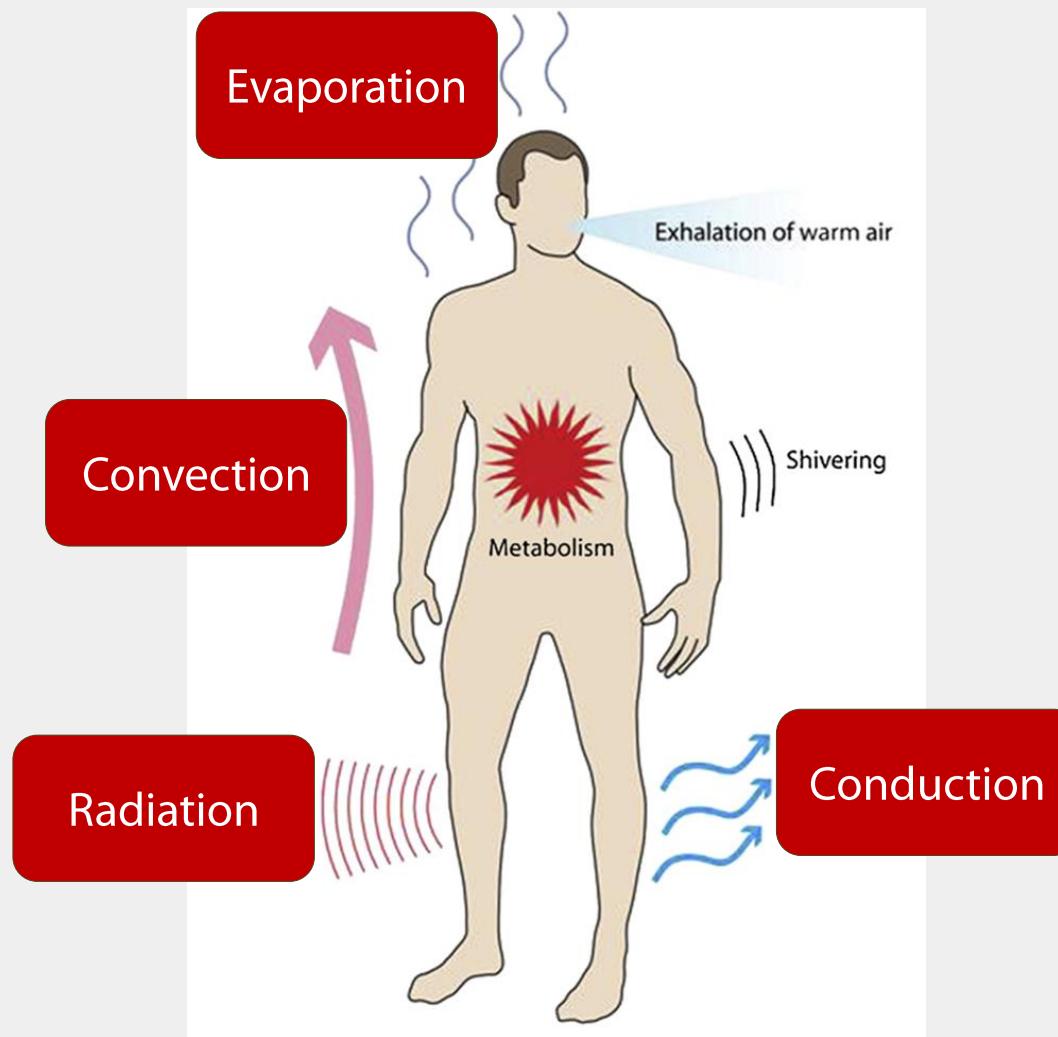


Aims

- ✓ *Know how the body regulates heat*
- ✓ *Understand the importance of the correct working temperature*
- ✓ *Know the principles of clothing*
- ✓ *Know about the different types of fabric in our clothing, their strengths and weaknesses*
- ✓ *Know how to optimize the use of military clothing in accordance with the conditions*



Body heat loss





Thermal regulation with clothes

Wind proof

Ventilation
zippers

Preserves
radiation
heat

Technical/
breathing fabric

Water repellent

Isolating





Principles of Clothing

- ✓ The clothing itself does not keep you warm
- ✓ Layering - multiple thin layers
- ✓ Regulate your clothing





Summary

- ✓ Regulate your clothing
- ✓ Use the ventilation options
- ✓ Several thin layers insulate better than a single thick layer
- ✓ Stay dry
- ✓ If you`re cold, move
- ✓ Brush off snow
- ✓ Always dry your inner layer, socks, gloves, and headgear first



End of Brief

