

Cold Related Injury Prevention, Protection, and Information

Appropriate Cold Weather Attire

- **Base layers**
 - o Synthetic material such as polyesters and merino wool.
 - o Comfortably snug layers for moisture wicking. Not tight, but fit.
- **Middle layers** (**Wear a protective outer layer to insulate**)
 - o Mid-weight or heavyweight thickness for insulation.
 - o Puffy jackets or heavyweight fleece.
 - o Fleece pants or insulated pants to keep the lower half of the body warm.
- **Outer layers**
 - o Precipitation protection against ice, snow, and rain.
 - o Windproof and waterproof.
 - o Breathable to prevent moisture buildup inside the jacket (leave those rubber clothes at home this weekend).
 - o Shell pants or insulated snow pants that are breathable.
- **Appropriate socks and footwear**
 - o Merino wool socks or other synthetic polyester blend material.
 - o Insulated boots and cold weather footwear with traction soles.
- **Other cold weather clothing**
 - o Insulated mittens or gloves rated for -20F.
 - o Insulated hat, beanie, or other items to cover head AND ears.
 - o Insulated balaclava under helmet and/or insulated/fleece wind-resistant balaclava helmet hood.
- ****WHAT NOT TO WEAR****
 - o Cotton clothing or other moisture retaining material.

Prevention Behaviors

- Be aware of wind chill.
- Avoid unnecessary exposure of any part of your body to the cold.
- Drink plenty of warm fluids or warm water. Avoid caffeine!
- Stay active to maintain body heat.
- Take frequent breaks from the cold and know your limits!

IMPORTANT INFORMATION!

- **PLEASE look after one another, students and instructors alike. Keep an eye out for signs of hypothermia or frostbite.**
- **Get out of the cold immediately if signs of hypothermia or frostbite present. Call Ski Patrol or 911 if necessary.**
- **Summit Ski Patrol direct line: 425-434-6794.**
Please provide the following information to dispatch:
 - o Who you are OR who you are calling for.
 - o Where you are calling from. Ex: Tower 4 skiers' right of Holiday.
 - o Description - age, skier/snowboarder, color of jacket/ pants, and other distinguishing features.
 - o Provide as much detail about the emergency as possible.