



Cold Weather Survival

C.O.L.D.: What it means to you

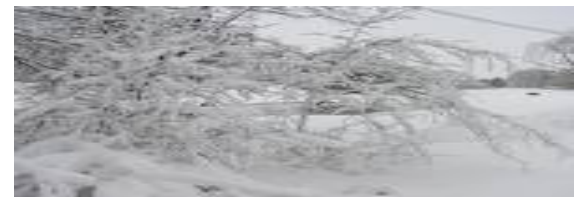
Situations

- Outdoors
- In the car
- In the home





Outdoor survival





Wind Chill Chart



Temperature (°F)

	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

Frostbite Times



30 minutes



10 minutes



5 minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T= Air Temperature (°F) V= Wind Speed (mph)

Effective 11/01/01

C.O.L.D.

- **C:** Keep clothing clean
- **O:** Avoid overheating
- **L:** Wear your clothing loose and in layers
- **D:** Keep clothing dry

C.O.L.D.

- Loss 40-45% heat through the head
- Wool is best clothing
- Stay Dry
- Layers



Outdoor Survival Facts

- Your body can get rid of heat better than it can produce it
- Don't eat the snow. It robs body heat
- Stay in a group
- Start a signal fire
- Seek shelter
- Leave markings if you move



In The Car

In the Car

- Do you have a survival kit?



Don't leave the car.
Run car for twenty minutes every hour
Stay together
Dial with cell phone once per hour

Survival kit for the car

- blankets
- first aid kit
- a can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road maps
- mobile phone
- compass
- tool kit
- paper towels
- bag of sand or cat litter (to pour on ice or snow for added traction)
- tow rope
- tire chains (in areas with heavy snow)
- collapsible shovel
- container of water and high-calorie canned or dried foods and a can opener
- flashlight and extra batteries
- canned compressed air with sealant (for emergency tire repair)
- brightly colored cloth



In The House





In the Home

- Have a plan.
- To warm up the house, you can heat bricks or even rocks on the grill. These hold heat for quite a while.
- Turn off water if extended power outage. Open a faucet to prevent cracked pipes.
- Pick a room and isolate it.
- Don't open Frig

Sources

- www.survival-supply.com
- www.aircav.com/survival/asch15/asch15p01.html