

Student Resource: Layering and Dressing for Outdoor Success - Self-Check (Intermediate)

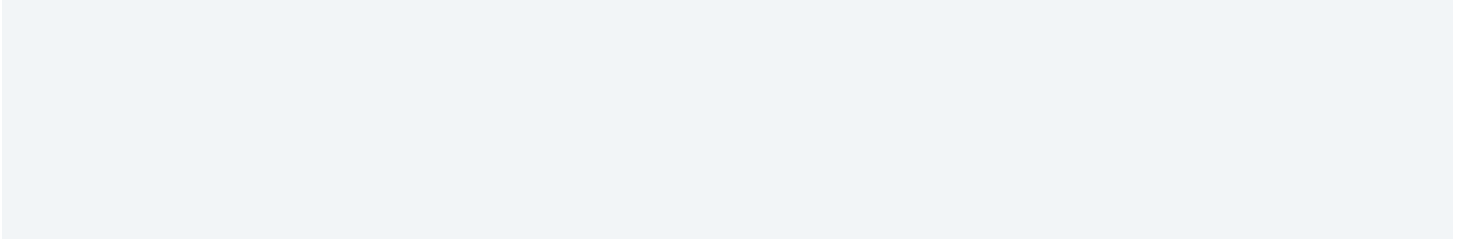
1. Think about going outside for a hike in the cold. Put a checkmark beside the pieces of clothing you should wear. Give an example where asked.

- a warm hat and mitts
- a good base layer: the clothing next to your skin. Give an example: [insert example]
- a good middle layer: the clothing between your base layer and your coat. Give an example: [insert example]
- a good outer layer. Give an example: [insert example]
- winter boots

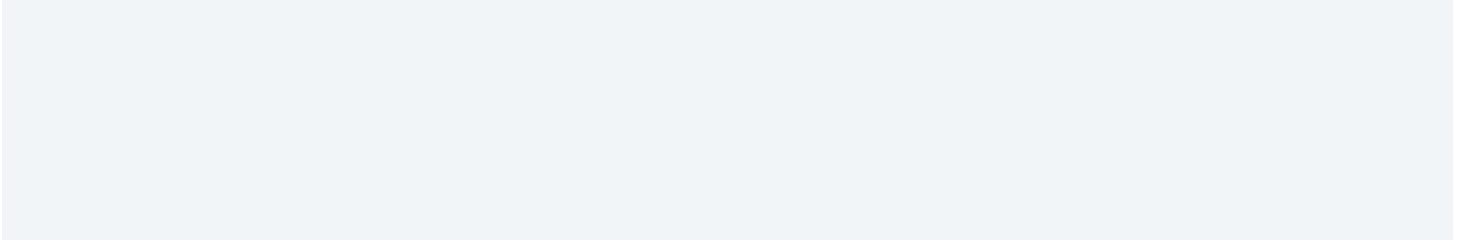
2. Identify 2 characteristics that your base layer should have:

3. Identify 2 characteristics that your middle layer should have:

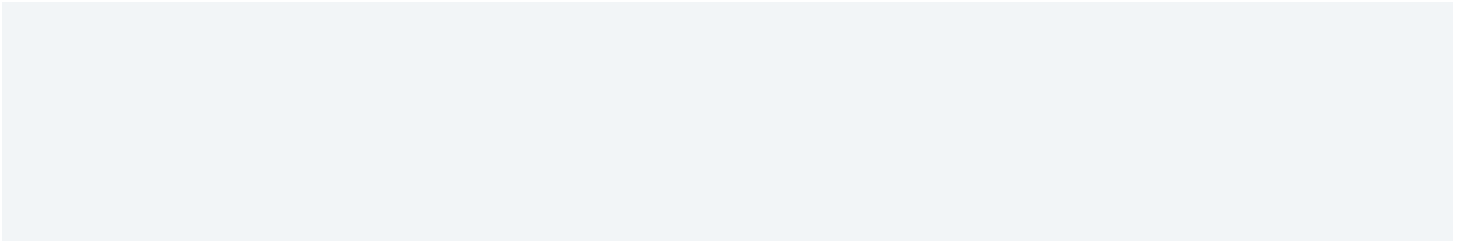
4. Identify 2 characteristics that your outer layer should have:



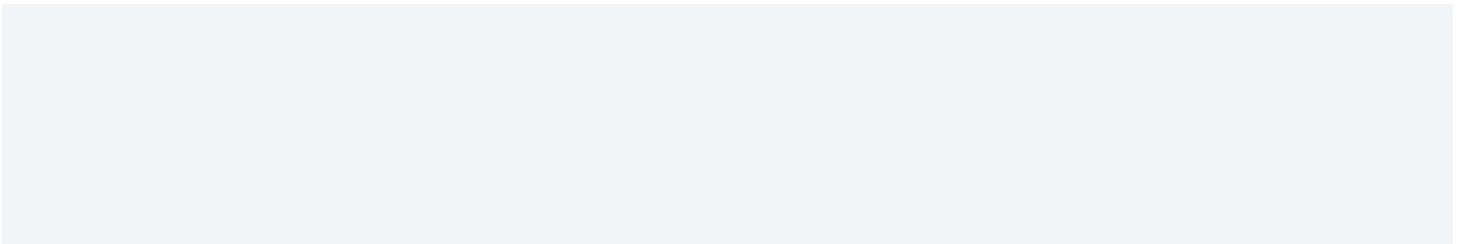
5. What are 2 things you should do to stay warm and safe when hiking or playing in the cold?



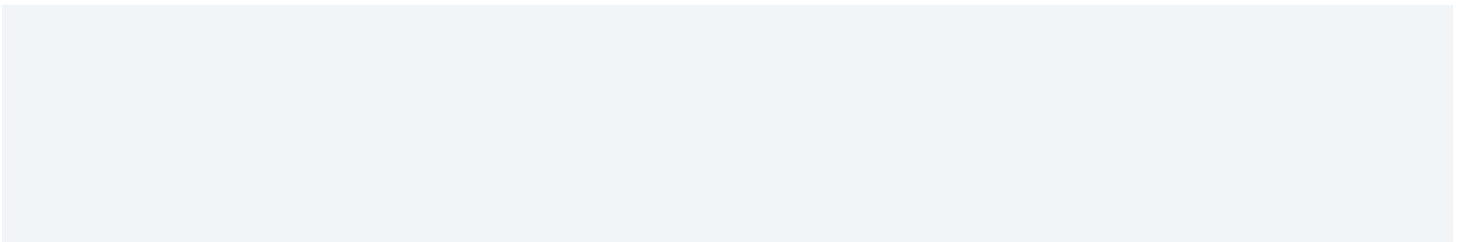
6. What are 2 signs you might be at risk for hypothermia?



7. What are 2 things you can do to help someone who is suffering from hypothermia?



8. What are signs you may be at risk for heatstroke?



9. What are 2 things you can do to avoid getting overheated or sunburned?

Answers:

Question 1: Check all. Base layer examples: long underwear, short or long sleeve T-shirt; Mid layer example: sweater, button up overshirt, hoodie.

Question 2: Wicks moisture from your skin, fits snug, allows you to move comfortably.

Question 3: Adds insulation, is lightweight, continues to move moisture outward, fits snug.

Question 4: Blocks the wind, water-resistant, breathable, be loose fitting.

Question 5: Keep moving, stay dry, get changed if you get wet, keep hat and mitts on, drink warm fluids.

Question 6: Shivering, numbness in fingers and toes, confused or uncoordinated.

Question 7: Move them into a warm place, remove any wet clothing, warm with blankets.

Question 8: Feel dizzy or like you're going to faint, feel like you're going to throw up, headache, extremely thirsty, breathing harder than usual.

Question 9: Drink, especially water, before you feel thirsty, wear clothing that is breathable, avoid direct sun - move into the shade, wear a wide brimmed hat, wear sunscreen.