

OBJECTIVES

- Principles of correct clothing
- Be able to vary the clothing after the changing conditions
- Understand the different qualities in different materials of clothing

What is determining for the type of clothing we choose to wear?

- Weatherconditions
 - Temperature
 - Wind
 - Precipitation
 - Ground conditions (Snow or soil / wet or dry)
- Type of activity
 - Intensity
 - Length of the activity

What do we expect from the clothing?

- Keep us warm
- Keep us dry
- Windproof
- Waterproof
- Lightweight
- Easy to take on and off
- Small in volume



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The clothing must have these qualities:

- Isolate
- Transport humidity from the body
- Be warm even if wet
- Breathe air out
- Stop water from coming in
- Stop wind from penetrating through

The different parts of clothing:

- Underwear
- Isolation layer
- Outer wear (Shell clothing)
- Headwear
- Face protection
- Neck protection
- Hand wear
- Footwear

Different materials in clothing

- Cotton
- Wool
- Skin / fur
- Different man-made materials
- Gore Tex

Normal principles for clothing

- Inner layer of insulation
- Insulation between layer
- Wind /water-proof outer layer

- Ventilation
- More layers instead of one thick layer
- Never put on more clothing then just enough to keep you warm.
- Spare clothing.
- Size (Big enough)

- Thermal suits
 - Scooter suits
 - Work suits

- Survival and flotation suits

We need to accept:

- **Lack of comfort to gain function**
- **Some unpleasantness**
- **To work in cold, dark and tough situations**
- **Situations with some stress**
- **To cross some mental borders**
- **To take care of not just ourselves, but also our fellow students**