

SAFETY

3 Tips to Stay Safe While Experiencing the Outdoors

NewsUSA

(NU) - Millions of people enjoy experiencing the outdoors, no matter the season. However, there are particular precautions that enable outdoor enthusiasts to stay safe while experiencing the outdoors in cold-weather conditions:

Understand How to Prevent Hypothermia and Frostbite

Remember to dress appropriately when going outdoors. Drink plenty of warm fluids to help the body maintain its temperature, and always keep moving to increase circulation. Wear a scarf and hat to protect your ears, neck and head and to help retain heat. Much of one's body heat can be lost through an uncovered head or neck.

- Hypothermia can be a serious medical condition. Symptoms are confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you or someone you know has these symptoms.

Monitor Weather Conditions Before Setting Out

Be aware of the weather conditions so that you are prepared for any situation. Dress in layers so you can adjust to changing conditions. Pay attention to the wind chill. Wind speed can create dangerously cold conditions even when the temperature is not that low.

Keep Yourself Dry From Both Weather and Perspiration

Moisture can reduce the insulating properties of everything. It is important to protect yourself from getting wet to keep yourself from getting hypothermia or frostbite. Your outerwear should keep you warm by blocking the wind and, most impor-



Whether hiking, skiing or just playing around in the snow, it is important to be prepared with knowledge and the best cold-weather gear.

tantly, keep you dry by blocking water. One of the most well-known fabrics capable of keeping you dry on the outside and inside is the GORE-TEX brand. Gore-Tex is the only fabric guaranteed to keep you dry. The Gore-Tex Guaranteed to Keep You Dry Promise states if you are not completely satisfied with the waterproofness, windproofness, or breathability of a Gore-Tex product, then they will repair it, replace it, or refund your purchase price.

To test the waterproofness of your outerwear in extreme weather conditions, you can check out the "Know What's Inside" Tour. This cross-country adventure is designed to educate outdoor enthusiasts about what's inside Gore-Tex products that makes them unique. The tour features a mobile Extreme Weather Chamber, where visitors can choose a wide range of weather conditions to test the performance of their outerwear.

To learn when the tour is visiting your hometown, visit www.gore-tex.com.