



## Dressing for Winter and Frostbite

### How to Avoid Frostbite

Frostbite does not occur that often in our club. I know of only two cases in about 10 years. Inadequate clothing on a cold day caused each case. Normally frostbite will affect the extremities of the body where blood circulation is fairly low; specifically toes, fingers, ears and cheeks.

**Toes:** Modern ski boots are very warm and are usually foam lined. Older leather boots can be made warmer by using foam sole liners. Never wear cotton socks. Warm your boots before you start if the temperature is very cold (minus 20).

**Fingers:** Wear inside light liners made of polypropylene and carry a pair of mittens, which have thermal foam lining for emergencies.

**Cheeks:** Bring a light balaclava or face mask and wear it on a real cold day. A scarf could get caught in the trees as you are going downhill.

**Ears:** Make sure your ears are fully covered. If you wear a light balaclava your ears are covered. Many hats have a tendency to slip up off the ears.

Ask someone to check your cheeks and nose for whiteness. Frostbite will make the skin turn white. There really is no excuse for an adult to get frostbite when skiing. Modern winter clothing is great and very warm. If you are not sure ask someone who does.

### Summary

1. Wear a hat that fits over the ears.
2. Do not wear cotton socks.
3. Bring a balaclava.
4. Carry warm mitts for emergencies.
5. Look for white skin.
6. Stay out of the wind.