FREE PRINTABLE RESOURCE

DRESS-BY-THE-DOOR CARD

Dressing for cold chores and for a house with no heat. Ask your doctor if a medication or condition changes how you handle cold.

THE THREE LAYERS

- ☐ **Base: wool, silk or synthetic**
  Against the skin. No cotton.
- ☐ **Middle: wool or synthetic**
  Still insulates when damp
- ☐ **Outer: wind and rain layer**
  With some ventilation
- ☐ **Everything loose, nothing tight**
  Tight clothing cuts circulation

HEAD, HANDS, FEET

- ☐ **Hat that covers the ears**
  Neck gaiter or face mask if windy
- ☐ **Thin liner gloves inside mittens**
  Pull the mitten off for fine work
- ☐ **Thin synthetic sock under a wool sock**
  Room in the boot to wiggle toes
- ☐ **Insulated, waterproof boots**
  Ice grips or cleats for footing

DRY SPARES BY THE DOOR

- ☐ **Socks, mittens, gloves**
- ☐ **A dry base layer and underwear**
  Change as soon as you come in wet

BEFORE YOU STEP OUT

- ☐ **Dressed for outdoors, even for a minute**
- ☐ **Checked the wind chill**
  0°F + 15 mph wind = -19°F: skin can freeze in 30 min
- ☐ **Told someone where and how long**
- ☐ **Warmer part of the day if you can**
  Coldest is typically early morning

HEAVY CHORES

- ☐ **Shed a layer before you sweat**
  Shoveling, splitting wood, hauling

STANDING CHORES

- ☐ **Add insulation, block the wind**
  Feeding animals, watching a generator
- ☐ **Short breaks somewhere sheltered**
  Warm food, water

HEAT IS OUT INDOORS

- ☐ **Loose layers, hat, mittens, blankets**
  Socks and slippers
- ☐ **To bed: long underwear and a head covering**
  Extra covers
- ☐ **Out of damp clothes right away**
- ☐ **Confused, slurred speech, very sleepy?**
  Possible hypothermia: call 911

Want the reasoning and the sources behind each line? Read the full guide on the TacticalBox blog.
tacticalbox.com/blogs/tacticalbox-blog

Sources: OSHA winter weather preparedness; National Weather Service (cold before, during, wind chill); National Institute on Aging; UMASH; Penn State Extension; Ohio State University Extension. Call 911 in an emergency.