



CLOTHING SORT CARDS

Fleece Hat	It may not seem that important, but this item covered the part of my body through which most heat is lost.
Thermal Layer	These items may be made from cotton or Smartwool. After four weeks constantly next to my skin, trapping a thin layer of air, these items of clothing smelt bad!!
Sticky Windy's	A moderately thick glove designed to provide a balance between warmth and dexterity. I was able to complete many simple manual tasks (like loading my sledge) whilst wearing this layer along with my inner gloves.
Down Jacket	This clothing item was either on me or in my sledge; it never went in the tent. It is designed for maximum warmth. I used it whilst conducting science experiments or at the end of a hard day's walking when my blood sugar was low and I needed to put up the tent. Because of the material inside it any moisture (e.g. condensation, sweat, steam from cooking) will make it ineffective.
Thin Inner Gloves	A thin glove made of cotton designed to trap a think layer of air.
Down Booties	My slippers. They were worn inside the tent and occasionally outside around camp.
Balaclava	This item helped warm and moisten air before I sucked it in. This helps make breathing the dry, cold air less horrible. However, it was uncomfortable and I rarely wore it.
Down Salopettes	Another item that didn't go in the tent. They kept my legs and back warm.
Windsuit	A barrier to wind chill that went over the top of my thin fleece layer. An incredibly important component of this bit of kit is the 'fur' lining to the hood. This turned condensation from my breath into ice and stopped it getting the down layer wet.
Mukluk Boots	Toasty, comfortable tootsies are created by these (in theory) ... but they were no good for heading too far from camp as crampons can't be attached to them.
Thin Fleece Top	A fairly thin layer but very effective against the cold when combined with a windproof layer and a body that is generating plenty of heat... possibly because it was pulling a 100+kg sledge!
Scarpa 8000s	Made for the mountains. They don't flex and that means two



	things, you have to walk like John Wayne and crampons can be attached.
Thin Fleece Salopettes	A fairly thin layer which only came off inside the sleeping bag. They have a zip from front to back so ablutions don't require too much skin to be exposed!
Mitts	These gloves allow your fingers freedom of movement, but don't allow you to perform many tasks other than grasping ski poles. They are an outer layer and have a fleece liner. They can be worn over the inner gloves and sticky windy's.
Climbing Gloves	Another outer glove. This pair can't be worn over the sticky windy's, but do allow simple tasks to be completed.