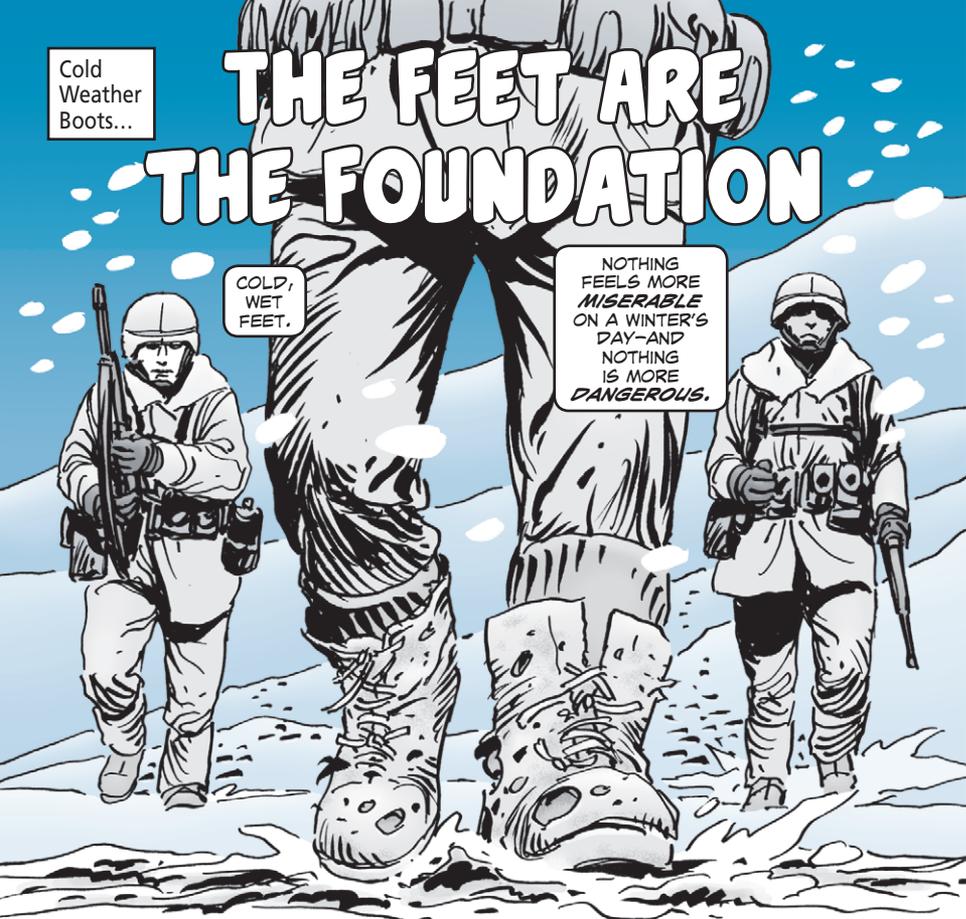


Cold Weather Boots...

# THE FEET ARE THE FOUNDATION



COLD, WET FEET.

NOTHING FEELS MORE MISERABLE ON A WINTER'S DAY—AND NOTHING IS MORE DANGEROUS.



FREEZING TEMPERATURES AND HOWLING WINDS CAN CREATE WIND CHILL THAT INFLECTS FROSTBITE.

YOUR FEET AND TOES ARE ESPECIALLY VULNERABLE.



FROSTBITE CAN NUMB AND CRIPPLE YOUR FEET, LEAVING YOU STRANDED ALONE IN THE WILD.

YOU NEED TO UNDERSTAND THE *GRAVE DANGER* POSED BY BRUTAL COLD.

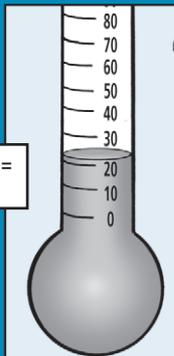
AND YOU NEED TO WEAR BOOTS AND SOCKS MADE TO RESIST THAT COLD.

### Cold, Brutal Facts

Frostbite is defined as the freezing of your tissues. It can range from surface freezing of the skin all the way to freezing of muscle and bone. The longer you're exposed to cold below 32°F, the worse it gets. A severe case of frostbite could permanently cost you the use of your feet. It could even require amputation.

HERE ARE SOME OF THE FACTORS THAT PLAY A ROLE IN FROSTBITE...

- **Air temperature.** The lower the mercury falls below freezing, the greater the risk.



Lower mercury = greater risk

- **Wind chill.** As wind speed increases, it causes the skin to cool faster. Even when natural wind speeds are low, you can be exposed to dangerous wind chill. Riding in open vehicles, running and skiing all produce wind across your body.
- **Wet skin.** Wet skin loses heat at a faster rate than dry skin.

PS MORE

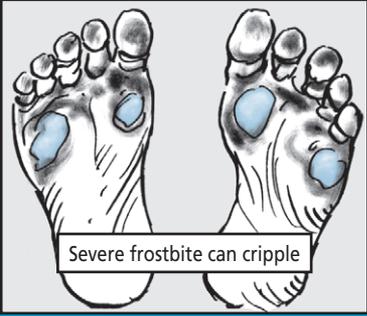
### Frostbite Symptoms

THE FIRST SIGN OF FROSTBITE IS NUMBNESS.

OTHER SYMPTOMS MAY FOLLOW, INCLUDING...

- a tingling or burning sensation
- red skin, later turning to a waxy yellow (grayish in dark-skinned soldiers)
- tissue that feels wooden to the touch

IF YOU HAVE ANY OF THESE SYMPTOMS, GET MEDICAL AID FAST.


Severe frostbite can cripple

### Best Defense

ALTHOUGH WE'RE NOW TALKING ABOUT PROTECTING ONLY YOUR *FEET* AGAINST THE COLD, ALWAYS REMEMBER: SEVERE COLD THREATENS YOUR *ENTIRE BODY*.

FROSTBITE ATTACKS NOT ONLY THE FEET AND TOES, BUT THE HANDS AND FINGERS, EARS, NOSE AND CHEEKS AS WELL.



AS ALWAYS, KNOWLEDGE IS YOUR BEST DEFENSE.

SO, ARM YOURSELF WITH ALL THE FACTS ABOUT COLD WEATHER INJURIES.

VISIT THE U.S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE (USACHPPM) WEBSITE:  
<http://chppm-www.apgea.army.mil>





FROM THE HOME PAGE, CLICK ON **Cold Weather Injury Prevention.**

YOU'LL FIND A VARIETY OF DOCUMENTS AND GRAPHIC AIDS COVERING CAUSES, SYMPTOMS, FIRST AID AND PREVENTION.

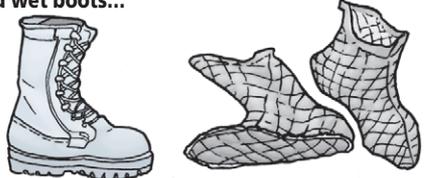


### Boots, Socks and Such

MORE THAN ANYTHING ELSE, YOUR BOOTS AND SOCKS DETERMINE HOW WELL YOUR FEET WITHSTAND THE COLD.

SO, WEAR THE ONES MEANT FOR WINTER...

● intermediate cold wet boots... ... with removable liners



They provide warmth down to 14°F. They now come in tan flesh-side-out leather.



● extreme cold weather boots, white, with air release valve. They provide warmth down to -60°F.



● extreme cold weather socks. See below.

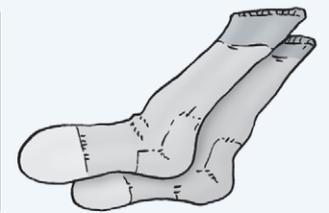
For sizes, photos and NSNs, go to the **warfighter** website:

<http://warfighter.dla.mil/newmenu/Index.jsp>

Once there, rest your cursor on Specialty Shops. You'll get a drop down menu. Click on ECWCS. The link will take you to the Extended Cold Weather Clothing System web page. Near the bottom of the page, you'll find links to boots, socks and liners.

For the utmost protection and warmth, choose extreme cold weather socks. They have these NSNs:

NSN	Sock Size	Men's Shoe Size	Women's Shoe Size
511-0446	Small	N/A	4 to 6
511-0453	Medium	5.5 to 8.5	6.5 to 10
502-2744	Large	9 to 12.5	10.5 to 13
502-2745	X-large	13 to 15	N/A



These are heavy, over-the-calf socks made for wear in sub-zero temperatures on rugged terrain. The toes are 100% worsted wool for warmth.

Because of the thickness of these socks, you may need to wear cold weather boots one-half size larger than you normally would. Wear the socks when you're being fitted for cold weather boots.



## Boot and Foot Care

HERE'S HOW TO TAKE CARE OF YOUR BOOTS...



**Intermediate cold wet boots with removable liners.** Wipe dirty boots with a clean, damp cloth. Or brush them with a stiff, nylon brush. Remove the liners and cushion insoles. Dry the boots, liners and insoles at room temperature. The boots are made of waterproof, breathable leather. No need to put waterproofing products on them. That just clogs the pores in the leather so it can't breathe. Then, when you wear the boots, heat and moisture get trapped inside, making your feet uncomfortable.

Use nylon brush for caked-on dirt



When you order these boots, you get two sets of liners. Switch them out every day to let them dry.

**White extreme cold weather boots.** Clean these rubber boots by washing them in water and mild detergent. Wash the insides once a month. Remove the laces and clean between the tongue and the eyelets. Grit lodged there can wear a hole in the boots. Got a stubborn stain? Use spray-on detergent, NSN 7930-00-357-7386. (Just don't use this detergent on tan, flesh-side-out leather boots.)

**DON'T USE PAINT OR SHOE POLISH TO COVER SCRATCHES AND SCUFFS ON YOUR BOOTS.**

THEY BREAK DOWN THE RUBBER COATING.

SOON YOU'LL NEED A NEW PAIR.



Polish breaks down the rubber

Puncturing a boot is serious business. Water leaks in and insulation gets wet. Wet insulation can't stop the cold from seeping in. That can lead to frostbite. For a temporary field fix, patch holes with the cold weather boot maintenance kit, NSN 8465-00-753-6335. Put adhesive on both the boot and the patch. When you return from the field, turn the boots in for repair or replacement.

The only time you need the air pressure relief valve open is when you're flying in an aircraft. Close it once you land. On the ground an open valve lets in too much moisture.

Never dry your boots next to a stove, heater or open flame. Rubber melts. In the field, hang your boots from the center of the tent, if possible. Heat from the space heater rises and dries them.

## Dry Feet Are Happy Feet

NO ONE SHOULD TRAMP AROUND IN DAMP OR WET SOCKS. IT'S NOT PLEASANT AND IT'S SURE **NOT HEALTHY.**

IN THE FIELD, CARRY PLENTY OF DRY SOCKS. CHANGE THEM AT LEAST ONCE A DAY OR ANY TIME YOU FEEL THE SOCKS GETTING MOIST.

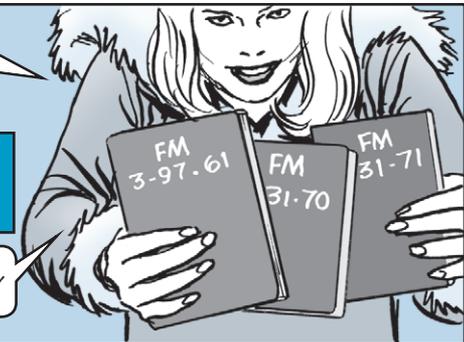


Change socks every day

ONE OTHER REMINDER... IF YOU'RE HEADING TO MOUNTAINS OR SNOWFIELDS THIS WINTER, TAKE ALONG THESE FIELD MANUALS...

**FM 3-97.61, Military Mountaineering**  
**FM 31-70, Basic Cold Weather Manual**  
**FM 31-71, Northern Operations**

THEY'RE **ESSENTIAL READING** FOR SOLDIERS DEPLOYED IN HIGH COUNTRY OR IN FREEZING CLIMATES.



THE FMS COVER TACTICS, OPERATIONS, SURVIVAL SKILLS, CLOTHING, SHELTER, PERSONAL GEAR, SLEEPS, FIRST AID AND MUCH MORE.

YOU'LL FIND THE FMS AT THE ARMY PUBLISHING DIRECTORATE WEBSITE:  
<http://www.apd.army.mil/>

