

## Quiz - Layer Up for Warmth

1. In a cold environment, most of the body's energy is used to keep the internal core temperature warm.  
☐ True    ☐ False
2. Tight fitting clothing is the best for layering and keeping you warm.  
☐ True    ☐ False
3. Having a preexisting medical condition, such as diabetes, may make you more susceptible to cold-related injuries.  
☐ True    ☐ False
4. Cotton loses its insulation value when it becomes wet.  
☐ True    ☐ False

### What Would You Do?

The weather forecast is calling for a bitterly cold morning but with significant warming in the afternoon. How would you make sure you are dressed appropriately?

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