

# ANTARCTIC DRESS

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In this series of photo's, taken on board the *RSA* on its recent relief visit to SANAE base, Charles Kingsley, one of the geologists to SANAE VIII, demonstrates the consecutive layers of clothing which are necessary to protect one against Antarctic temperatures and blizzards.

1. Nylon socks under thick woollen socks prevent abrasion of the skin and help to ward off frostbite. The string vest (the bigger the holes and the thicker the cord the better) creates a layer of insulating air on the body surface.

2. The layer of air is trapped on the trunk by a thick woollen long-sleeved vest, and on the legs and feet by woollen underpants and seamen's stockings.

3. Further insulation is ensured by a third layer consisting of "inners" (loose felt inner boots), battle dress trousers and woollen shirt.

4. After that comes a thick "icelandic" jersey and woollen gloves.

5. The final outer wear: winter anorak and wind-trousers to ward off the chilling effect of the wind,

canvas boots with rubber soles—"mukluks"—to keep moisture off the stockings, felt mittens over a pair of woollen gloves and mittens, a scarf, snow goggles to protect the eyes against the glare, and the furlined hood over the balaclava. The scarf prevents the escape of air from the body surface. It is protected against freezing up from the vapour of the breath by pulling the front of the anorak well up over it. Inside the mukluks are half-inch thick inner soles, consisting of stiff porous material, on which the feet rest. They ensure an insulating layer of air underneath the feet. Their absence immediately makes itself felt by the very cold feet, and when the feet are chilled the rest of the body feels it as well!

Even though thus fully protected against wind and cold, with only a small portion of the face exposed, an Antarctic will still not be able to stay warm and to survive for a long period outside, unless he keeps moving to stimulate blood flow and metabolic rate. For survival are necessary protection against ambient temperature, increased inner combustion, the will to survive, alertness, watchfulness, good physical condition and sufficient intake of calories through a balanced diet to be able to compensate for the high energy expenditure.

