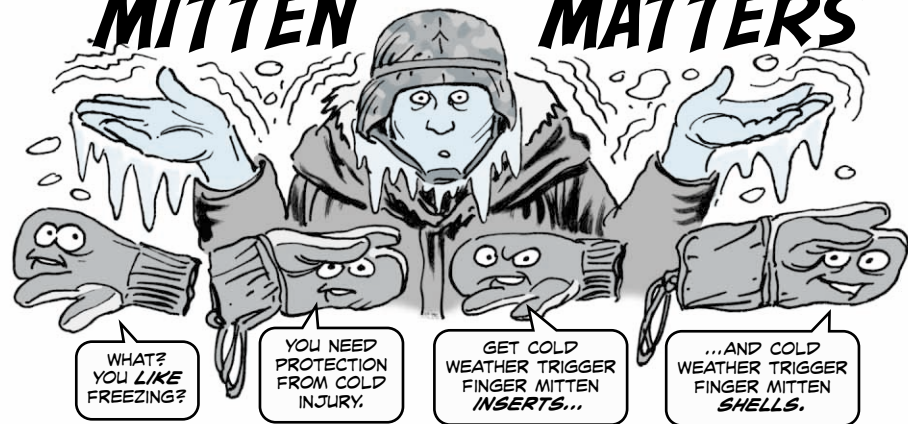


MITTEN MATTERS



Hands take a beating in winter. Wind, snow, ice and freezing temperatures are just plain uncomfortable. What's worse, they can cause serious cold injury.

Protect your hands with cold weather trigger finger mitten shells and cold weather trigger finger mitten inserts.

Like all cold weather clothing, the mitten shells and knitted inserts trap warm, dry air among their fibers and between layers. The trapped air insulates your hands against heat loss and prevents cold injury.

Here's what's available:
Mitten Shells

NSN	Size
8415-00-926-1526	medium
8415-00-926-1527	large

Mitten Inserts

NSN	Size
8415-00-160-0769	medium
8415-00-160-1376	large

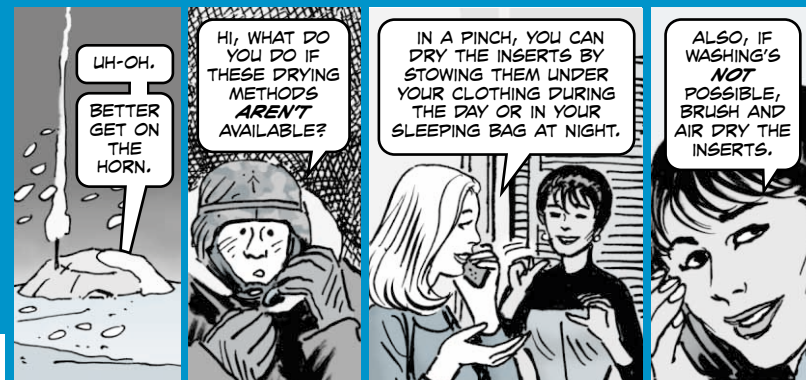
A Fistful of Ideas



- Wear inserts and shells together to get the most warmth. Never wear inserts alone. They'll wear out quickly. They can also get wet if worn alone, and wet inserts can't insulate well.



- Remove them if your hands start to sweat. Here again, if the inserts are wet, they can't keep you warm.
- Carry two pairs in case one becomes wet.
- They can be worn on either hand. Change them to opposite hands each day so the fabric will last longer.
- Keep inserts clean. Dirt and grease fill up their air spaces and weaken insulation. You can dry clean, machine wash or hand wash them.
- Machine wash in cold or lukewarm water with mild laundry detergent. Never use hot water. It'll shrink them. The same methods apply to hand washing. After washing, rinse them in clean water.
- Tumble dry on permanent press. If you prefer to drip dry, wring out all the water first. Then hang them up. A line inside your tent might be a good place. Never dry them near a hot stove or heater. They're made of 70% wool and too much heat will shrink them.



Some Final Words

Some final words on keeping your hands warm:

- Avoid tight-fitting sleeves. And don't draw the mitten shell's strap too tight. That way you won't cut off blood circulation and make your hands cold.

- Get blood flowing to your hands by swinging your arms in a circle.

- Curl your fingers inside the mittens against the palm of your hand, thumb underneath the fingers. That helps to increase circulation.

- To treat frostbitten hands, warm them next to the skin under the armpits. Seek medical attention right away.



Insulated Food Containers

Still using the Army's old-style aluminum insulated food container? No doubt it's pretty beat up by now. But you can replace it with one of the Army's newer insulated plastic containers.

Size in Inches	Color	NSN 7360-01
25 1/8 x 12 x 17 1/8	Olive drab	408-4911
25 1/8 x 12 x 17 1/8	Sand	452-0686
25 1/8 x 10 1/4 x 17 1/8	Olive drab	419-8500
25 1/8 x 10 1/4 x 17 1/8	Sand	419-6261