

## Vapor Barrier Items

- The Warmlite® vapor barrier clothing and sleeping bag liner protects an individual from dehydration, mineral loss, and overheating, while also protecting clothes from being soaked by sweat. Sweat is contained within the vapor barrier layer and does not readily evaporate, nor can it reach clothing, making clothing cold, wet and putting one at risk of hypothermia.
- Vapor Barrier items can add up to 15° Fahrenheit of warmth when snugly sealed at all openings. Slight ventilation will eliminate most of the warmth retention, but will not stop the excess sweat prevention.
- Conserving body moisture is especially important in winter. If you begin to sweat heavily in the vapor barrier clothing, simply remove outer clothing until you feel comfortable.
- With vapor barrier clothing it is best to adjust the number and weight of outer layers before engaging in increased activity, such as climbing or leaving camp to go for a hike. This is to prevent excess heat and sweat.
- The lining of Warmlite® sleeping bags is made of fuzzy stuff, it is a blend of vapor barrier material and a warm, wicking, fabric that wicks sweat away from the body keeping it dry and warm while sleeping. That's why the surface wicking of Warmlite Fuzzy Stuff is so important for comfort.
- Hand wash all vapor barrier items such as shirts, pants, socks, and gloves. Another way to rinse vapor barrier items is to put the item on inside out and run the shower over it.

### **Warmlite®**

Maine

207-285-7575

Warmlite.com

Facebook.com/warmlitegear/

Instagram @warmlite\_gear

#warmlitegear