

Extreme cold

ACTION CHECKLIST

Get into a warm, dry place, replace wet clothing and add dry layers. Confusion, extreme drowsiness or loss of coordination can indicate hypothermia; call emergency services. Use safe heat and never bring grills or generators indoors.

[] Get sheltered

Limit outdoor exposure and protect hands, feet, head and face.

[] Change wet clothing

Use dry layers and blankets; warm the body gently.

[] Find safe heat

Use approved heaters as directed, keep them away from combustibles and maintain CO alarms.

[] Arrange help

If heat fails, contact local warming shelters and help people with limited mobility relocate safely.

WATCH FOR

Do not rub frostbitten skin or apply direct intense heat.

IF HELP IS UNAVAILABLE

Use one dry room, layered clothing, blankets and insulation beneath you. Keep fuel-burning outdoor equipment outside. If you cannot keep people warm, identify a reachable warm place before they become confused or weak; do not wait for a warming centre to open.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/extreme-cold/>

Extreme cold · official guidance