

# **Can You Survive A Winter Without Heat?**

**I**f disaster strikes in the winter, **can you keep your family warm?** Can you do so without power or fuel?

What if you must leave; can you keep warm without heating devices, without fuel or without shelter. Can you do so for weeks or months, even in the coldest and harshest conditions?

**Your ability to survive winter may be your most valuable asset.** Starvation takes weeks, dying from thirst may take days, but frostbite and hypothermia can injure or kill within hours. The answer is not always a new and better heat source. As good as it is to have fuel and methods to heat, they all have limitations; heating devices can fail, fuels will run out, are not easy to transport, and can be very expensive!

**The answer is clothing; but not the kind you find at the sporting goods stores.** Jim Phillips has designed and tested Arctic clothing for over 45 years. **His unique clothing system outperforms** even the most expensive arctic expedition gear and provides better cold weather protection than the military's best (ECWCS).

**Even more impressive, if you desire, you can make it yourself!** (Or, buy if you'd rather.)

Jim's clothing is based on a very simple concept that traditional clothing makers don't fully understand. It's called MVTR (Moisture Vapor Transfer Rate); the speed which moisture moves through clothing. **"Through"** is the key word here! Clothing makers focus on "wicking" and "waterproof-breathable fabrics." **Wicking is not the answer!** Wicking does pull moisture away from the skin, but leaves that moisture in the insulation. **There's a big problem when you do that!**

**Insulation must be dry to work!** Dry insulation keeps body heat in, but as you perspire the insulation becomes

moist. When insulation becomes even slightly moist, body heat passes right through it, causing you to chill. Moist insulation conducts heat away from your body 25 times faster than dry insulation. **That can be life threatening!** Some clothing makers use "waterproof-breathable" fabrics. This only allows **some** of the moisture to escape. The real problem is the moisture that clings to the insulation fibers and freezes inside their waterproof shell.

The answer to MVTR is a particular type of open cell foam insulation with the correct fabrics. Because of its convex matrix structure, moisture (not body heat) passes right through. **It dries as you wear it!** You can wear it continuously for weeks and stay dry and warm. **Imagine the peace of mind that will give you!**

Jim Phillips began his winter camping and cold weather survival experience as a boy. He and his father tested many materials before "finding" the right materials. On numerous occasions, they spent weeks at a time **living (24/7) in the Arctic winter, with temps as cold as minus 40° F.** Hundreds of thousands of dollars were spent developing and testing this clothing. Jim's clothing has been used by Mountain Climbers, Iditarod racers, Arctic explorers and thousands of winter enthusiasts. For his clothing designs and performance, in 1989, Jim was given one of Popular Science's "Best of What's New, 100 Greatest Achievements in Science and Technology" awards.

Videos & Information at:

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**Jim's mission is teaching families to prepare for the coming challenges.**

**Jim has taught tens of thousands of people how to become better prepared,** such as, how to live in the cold, to have safe water, how to take care of sewage and sanitation issues, and many other areas overlooked in most emergency preparedness instructions.

**This is life saving information! Please copy and share it!**

**These programs are available at [SafeHarborAlliance.com](http://SafeHarborAlliance.com) as a no cost public service in cold weather and winter safety. On the "HOME" page click on "EDUCATION" and go to "VIDEOS" for these and other topics.**

February 1991, ABC Network HOME Show with Dian Thomas & Jim Phillips	0:04:46	Broadcast on National TV: Jim Phillips demonstrates building snow structures in the mountains and in the backyard
1101 DVD#1, Clip 1 Introduction	0:04:48	Who Jim Phillips' is, his mission, what he teaches and why
News and Video Clips of Jim Phillips	0:03:34	A collection of news and video clips on what Jim teaches about winter safety and cold weather living
The PALS History	0:44:19	The genesis of the Phillips Arctic Living System began in 1957. It's grown from a family hobby into a lifesaving technology and profession backed up by extensive testing and the experience of thousands.
A Winter Without Worries Experience	0:53:01	First time snow campers experience Arctic conditions in comfort and safety without shelter or heat.
Jim's Resolute Bay Hypothermia Graph	0:16:00	Understanding hypothermia is an important principle in the doctrine of the Phillips Arctic Living System.
Thermal Johns Freezer Test, 1999	0:16:11	One test subject went into the below zero freezer wearing wet ThermalJohns, the other was wearing dry state-of-the-art layers
Hang Tag Performance Rating	0:20:06	The truth about the dubious nature of cold temperature rating on clothing hang tags
Winter Clothing Evaluation & Comparison	0:40:28	It's not about style, logo or brand name. It's about actual clothing performance that delivers real comfort and safety.
Blizzard Interview of Six SnoCollege Participants, Feb. 25, 2012	0:25:28	Students using the PALS system in real-life extreme Arctic blizzard conditions
Insulation Water Test	0:06:34	Discovering the truth about insulation materials and how they react to water.
SnoCollege Briefing	1:12:13	A webcast briefing of students who'd participated in the SnoCollege™ blizzard
Compression Test Comparing Foams	0:07:48	Demonstration of one of the key differences between the PALS foam and other common less expensive foams on the market.
Weather Happens:	1:04:07	Most people are very poorly prepared to safely and comfortably live in the heat or cold without shelter and utilities — But what if you have no choice?
3 Black Holes of Preparedness:	1:16:21	There are three looming black holes of preparedness and will suck in the unwary and unprepared to their doom. The second in this presentation is lack of proper clothing for the extremes of winter.