

WIND CHILL CHART - PLAN AHEAD & STAY SAFE

5 TIPS TO STAY SAFE

1. Layer up with loose clothing. 2. Keep extremities warm with hat, gloves, and socks. 3. Know your medical risks based on your health condition. 4. Know the symptoms of frostbite, hypothermia, and trench foot. 5. Protect your lungs by creating a humidifier using a balaclava or mask to warm and filter the cold air you breathe in.

NWS WINDCHILL CHART

FROSTBITE TIMES:

30 minutes

10 minutes

5 minutes

TEMPERATURE (°F / °C)

	40/4	35/2	30/-1	25/-4	20/-7	15/-9	10/-12	5/-15	0/-18	-5/-21	-10/-23	-15/-26	-20/-29	-25/-32	-30/-34	-35/-37	-40/-40	-45/-43
5/8	36/2	31/-1	25/-4	19/-7	13/-11	7/-14	1/-17	-5/-21	-11/-24	-16/-27	-22/-30	-28/-33	-34/-37	-40/-40	-46/-43	-52/-47	-57/-49	-63/-53
10/16	34/1	27/-3	21/-6	15/-9	9/-13	3/-16	-4/-20	-10/-23	-16/-27	-22/-30	-28/-33	-35/-37	-41/-41	-47/-44	-53/-47	-59/-51	-66/-54	-72/-58
15/24	32/0	25/-4	19/-7	13/-11	6/-14	0/-18	-7/-22	-13/-25	-19/-28	-26/-32	-32/-36	-39/-39	-45/-43	-51/-46	-58/-50	-64/-53	-71/-57	-77/-61
20/32	30/-1	24/-4	17/-8	11/-12	4/-16	-2/-19	-9/-23	-15/-26	-22/-30	-29/-34	-35/-37	-42/-41	-48/-44	-55/-48	-61/-52	-68/-56	-74/-59	-81/-63
25/40	29/-2	23/-5	16/-9	9/-13	3/-16	-4/-20	-11/-24	-17/-27	-24/-31	-31/-35	-37/-38	-44/-42	-51/-46	-58/-50	-64/-53	-71/-57	-78/-61	-84/-64
30/48	28/-2	22/-6	15/-9	8/-13	1/-17	-5/-21	-12/-24	-19/-28	-26/-32	-33/-36	-39/-39	-46/-43	-53/-47	-60/-51	-67/-55	-73/-58	-80/-62	-87/-66
35/56	28/-2	21/-6	14/-10	7/-14	0/-18	-7/-22	-14/-26	-21/-29	-27/-33	-34/-37	-41/-41	-48/-44	-55/-48	-62/-52	-69/-56	-76/-60	-82/-63	-89/-67
40/64	27/-3	20/-7	13/-11	6/-14	-1/-18	-8/-22	-15/-26	-22/-30	-29/-34	-36/-38	-43/-42	-50/-46	-57/-49	-64/-53	-71/-57	-78/-61	-84/-64	-91/-68
45/72	26/-3	19/-7	12/-11	5/-15	-2/-19	-9/-23	-16/-27	-23/-31	-30/-34	-37/-38	-44/-42	-51/-46	-58/-50	-65/-54	-72/-58	-79/-62	-86/-66	-93/-69
50/80	26/-3	19/-7	12/-11	4/-16	-3/-19	-10/-23	-17/-27	-24/-31	-31/-35	-38/-39	-45/-43	-52/-47	-60/-51	-67/-55	-74/-59	-81/-63	-88/-67	-95/-71
55/89	25/-4	18/-8	11/-12	4/-16	-3/-19	-11/-24	-18/-28	-25/-32	-32/-36	-39/-39	-46/-43	-54/-48	-61/-52	-68/-56	-75/-59	-82/-63	-89/-67	-97/-72
60/97	25/-4	17/-8	10/-12	3/-16	-4/-20	-11/-24	-19/-28	-26/-32	-33/-36	-40/-40	-48/-44	-55/-48	-62/-52	-69/-56	-76/-60	-84/-64	-91/-68	-98/-72

*Source: NOAA, National Weather Service Office of Climate, Water, and Weather Services. www.nws.noaa.gov/os/windchill/