

# Keeping warm at winter camp

This task is about insulation against heat loss.



a) At a school camp, on chilly nights, everybody slept in their sleeping bags.  
What is the main way a sleeping bag helps to keep a person warm?

- ☐ Layers of special fibres in the bag create heat.
- ☐ The person's body heat is kept inside the bag.
- ☐ The outer layer of the bag attracts heat from the night air.
- ☐ The bag's outer layer keeps the cold air out.

b) On a cold day, why do several layers of thinner wool clothing act as a better insulator than a big, heavy, woollen jersey?

- ☐ The heavy clothing causes sweating and the body loses heat rapidly.
- ☐ Thin, wool clothing is more comfortable and is easier to move in.
- ☐ Thick clothing, although it is a good insulator, does not allow the skin to "breathe".
- ☐ Air trapped between the layers of clothing acts as an insulator and reduces heat loss.

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