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At temperatures, below -10°C , frostbite is a serious hazard, usually not perceived until you have developed it.

Range guide

Winter 1997/8

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CLOTHING

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Extremities is a brand within Terra Nova Equipment Ltd. Other brands include Terra Nova Tents and Wild Country Tents.

For further information please call Terra Nova direct for a brochure or visit the web site at:
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T E R R A



N O V A
EQUIPMENT

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extremities®
CLOTHING
HEAD • HAND • FOOT PROTECTION

© Jon Rigby

Dedicated Protection
for outdoor enthusiasts

dedicated protection

To survive in the worlds extremes requires equipment which will stand up to sub-zero temperatures, high winds and the abrasion of ice and rock.

The extremities of the body are often the first to suffer from the effects of extreme cold or wet conditions. Performing a task with cold fingers is virtually impossible. To expose hands, feet or head in extreme conditions is not just uncomfortable, but could be life threatening.

With these demands in mind, all the products in the Extremities range have been designed to provide the optimum level of comfort, protection and dexterity for their function.

Dr Charlie Clarke



© Chris Bonington

At temperatures below -10°C , frostbite is a serious hazard, usually not perceived until you have developed it. The hands, feet and face are the usual parts of the body affected. Prevention is essential. Most frostbite occurs because of failure to recognise the early stages of cold injury.

- Use the finest protective clothing available.
- Be aware of low temperatures.

- Carry a miniature thermometer, which weighs a few grams.
- If hands and feet are numb for longer than an hour at -10°C , you are at risk.
- Windchill makes cold injury worse.
- Dry socks, dry spare inner boots, spare gloves are important. Carry them!

If your hands, feet and face harden and become doughy, frostbite which is at least superficial has already developed. Reach a place of safety, and warm up. Either use your armpits, your companions' armpits or abdomen, or if possible, warm the frozen parts in hand hot water.

Thereafter there is no emergency medical treatment other than to protect the frostbitten parts which swell, blister and after a week or more turn black. Clean, non-stick dressings are important.

Recovery is gradual, usually over several months. Surgery may be necessary, but loss of fingers and toes is usually less than one might initially expect.

For further advice, use the British Mountaineering Council's Information Service.

Charlie Clarke

Dr Charles Clarke is a Consultant Neurologist who has been climbing for over 35 years. He has visited the Himalaya 14 times and has recently been with Sir Chris Bonington to Sepu Kangri (6993m) in Tibet.

Fabrics Used in Extremities

Extremities are dedicated to producing the very best in quality. We use the finest fabrics available to ensure warmth and protection against the elements.



Gore-Tex is famous for being a highly effective performance waterproof and breathable fabric. Extremities utilise Gore-Tex as an outer shell or as a waterproof lining on models in the Head, Hand and Gaiter ranges.

Gore-Tex is bonded to a shell fabric. The membrane contains microscopic pores which are too small to allow rain water droplets to penetrate, but large enough to allow much smaller moisture vapour droplets from your body to pass freely through. The result is that you stay warm, dry and protected from the elements, even in the wettest conditions.



Though many fleeces will keep you warm, the chilling effects of wind can still penetrate through the weave. Gore's Windstopper fleece is a windproof membrane bonded between two layers of finely woven fabric which acts as a total block against wind-chill. Windstopper fleece also allows the skin to breathe, even during extreme activity in warm conditions, keeping you comfortable.

Extremities use Gore Windstopper fleece in gloves, ideal for protection from wind-chill when cycling or skiing, and in headwear to prevent heat loss and frost nipped ears.



Polartec 200 is a double-faced fleece engineered in a unique process to provide water repellence for the life of the garment. This enables clothing to shed water and dry faster to maintain comfort even in wet conditions. Polartec 200 resists pilling and has good insulating abilities.

Polartec 300 is the heaviest weight of Polartec's high-performance fleece fabrics. It resists pilling and has excellent insulating ability in proportion to its light weight. Extremities Polartec 300 products are designed to withstand the coldest conditions.

Polartec Power Stretch fabric is designed to offer body-hugging four-way stretch with moisture management. There are two surfaces to the fabric: the durable, non-pilling outer surface resists abrasion, whilst next to the skin a soft pile wicks away perspiration, keeping you dry and comfortable.

for outdoor enthusiasts

hand protection

Andy Cave

An accomplished climber, Andy's most recent achievement was the first successful ascent of the particularly treacherous 6,800 metre North Face of Changabang in the Himalaya.

When in a mountain environment a climber's hands are at the same time both vulnerable and yet vital. The secret is to keep your fingers warm whilst performing difficult and often crucial tasks. Extremities have created Winter Gloves which give the required level of insulation and all round dexterity. These gloves were an essential part of my equipment on my last expedition to Changabang in the Himalaya.

The key features that I search for in a glove are warmth, waterproofness and fit. By fit I mean what a glove feels like, not too bulky and the ease with which one can handle hardware and ropes and perform a range of fiddly tasks from taking a compass bearing to adjusting the bindings on a pair of skis.

The cuff system is also very important both from the viewpoint of heat loss in the wrist area and the ability to keep out snow. Last but not least is durability. Outdoor gear is not cheap. I want my equipment to last and this means that the materials used must be of the highest quality.

Andy Cave



Layering Principle

Layering your clothing is the best way to stay warm and dry. This is even more important for head, hands and feet because, being at the extremities of the body, they suffer first in cold and wet conditions. Most of the products within the Extremities range are designed to work on the layering principle.

Layering works best when there is a thin, wicking layer next to the skin, with a thicker insulating layer followed by a waterproof and breathable outer shell.

The base layer transmits moisture away from the skin, keeping you dry, while the insulating layers trap air to provide warmth. A waterproof / breathable outer keeps off rain and wind while allowing water vapour out.

An example of this within the Extremities range is the combination of Thick Gloves inside fleece-lined Mountain Mitts. This provides two layers of thermal protection with a Gore-Tex outer shell, ideal for the worst mountain weather.

Having the gloves inside the mitts allows you to take off the mitts without exposing your hands to the elements while performing more dextrous tasks.



hand

protection



© Rodger Mear

Alpine Gloves

We believe these are the lightest, most waterproof mountaineering gloves available. They have been designed for leading edge alpinists and mountaineers who need strong, light and supple gloves that allow them to perform difficult tasks without having to expose hands to the elements.

Features:

- Gore-Tex 'Direct Grip' liners for complete protection.
- Waterproof Kevlar shell for durability.
- Anatomical curve for dexterity and reduced fatigue.
- One hand wrists and cuff tensioners for security and ease of use.

Sizes: S, M, L, X L
Colour: Black



GORE-TEX

Mountain Mitts

These are the toughest expedition mitts available. They have proven themselves in the world's harshest climates and were the first choice for mountaineer Doug Scott and his team when they attempted the daunting unclimbed Mazeno Ridge of Nanga Parbat.

Features:

- 3 layer Gore-Tex 'Milano' shell for durability.
- Fully taped construction for complete waterproofness.
- Waterproof / breathable Kevlar palms with Dura-Grip dots for grip and durability.
- Anatomical curve for dexterity and reduced fatigue.
- Box thumb design for optimum fit.
- One hand wrist and cuff tensioners for security and ease of use.
- Removable pile inner mitt for ease of drying and choice of layering.
- The inner mitt features a padded, removable, knuckle protector.
- Security loop to allow easy attachment to wrist or jacket.



GORE-TEX

Sizes: S, M, L, X L
Colour: Black

hand

protection

© Rodger Payne

Winter Gloves

A versatile fully waterproof, thermally-lined skiing / mountaineering glove with reinforced palm and fingers.

Features:

- Fully waterproof / breathable Porelle™ liner sewn-in for complete protection.
- Fleece lining for extra warmth.
- 'Ambush' Cordura shell for maximum abrasion resistance.
- Leather reinforced palms and fingers for better grip.
- One hand wrist and cuff tensioners for security and ease of use.
- Tough-tek knuckle guard for protection.

Sizes: S, M, L, X L
Colour: Black



Cordura
Du Pont Ltd.



CYCLONE

Winter Mitts

3 Layer Tactel Cyclone shell fabric for increased durability and extra performance. Ideal for winter walkers and wet weather travellers.

Features:

- 3 layer Tactel cyclone waterproof shell.
- Fully taped construction for complete waterproofness.
- Anatomical curve for dexterity and reduced fatigue.
- One hand wrist and cuff tensioners for security and ease of use.
- Box thumb design for optimum fit.
- Removable pile inner mitt for ease of drying and choice of layering.

Sizes: S, M, L, X L
Colour: Navy



Walkers Mitts

A simply designed fully taped, thermal lined, two layer Tactel Cyclone waterproof / breathable mitt for outdoor enthusiasts.

Features:

- 2 layer Tactel Cyclone waterproof shell.
- Fully taped construction for complete waterproofness.
- Box thumb construction for optimum fit.
- One hand wrist tensioner for security and ease of use.
- Elastic cuff for weather protection.

Sizes: S, M, L, X L
Colour: Navy



CYCLONE



GORE-TEX

Hand Bags

Our lightest most compact, fully taped Gore-Tex mitts. Designed for multi-purpose use from winter walking to cycle touring, these mitts fold down so small you'll never notice them in your pack until you need them! Ideal as a lightweight waterproof shell in a layering system.

Features:

- 3 Layer ripstop Gore-Tex for minimum bulk and weight.
- Fully taped construction for complete waterproofness.
- Box thumb construction for optimum fit.
- One hand wrist and cuff tensioners for security and ease of use.
- Velcro wrist tensioner.

Sizes: S, M, L, X L
Colour: Black Blue Red Green



hand protection

Guide Gloves

A tough, warm windproof glove that can be used just about anywhere, from ski-touring in the Alps to scrambling in Scotland. The flexible leather palm makes it a favourite with mountain guides.



Features:

- 3 layer Windstopper Fleece on the back of the hand for warmth and flexibility.
- Waterproof leather palm for durability and grip.
- Wicking Polypropylene lining.
- Wrist tensioner strap for secure fit.
- Extended cuff to keep out snow.
- Covered seams for comfortable fit.

Sizes: S, M, L

Colour: Black Leather/
Navy Fleece

Black Leather/
Black Fleece

Windy Gloves

Light, warm, windproof gloves with a multiplicity of uses, which can be worn on their own or as part of a layering system.

Features:

- 3 Layer Windstopper Fleece for comfort and warmth.
- Box finger construction for optimum fit.
- Elasticated wrist and bound cuff for added weather protection.

Sizes: S, M, L

Colour: Black Navy Red Green



Sticky Windy Gloves

Like the Windys, with the added bonus of our unique Dura-Grip palm for activities which require extra grip, such as cycling and skiing.

Features:

- 3 Layer Windstopper Fleece for comfort and warmth.
- Box finger construction for optimum fit.
- Dura-Grip palm for extra grip and durability.
- Elasticated wrist and bound cuff for added weather protection.

Sizes: S, M, L

Colour: Black Navy Red Green



'Dura-Grip'

Terra Nova Equipment Ltd

Sticky Windy Mitts

Even warmer than Sticky Windy Gloves, but not as dexterous.

Features:

- 3 Layer Windstopper Fleece for comfort and warmth.
- Dura-Grip palm for extra grip and durability.
- Elasticated wrist and bound cuff for added weather protection.

Sizes: S, M, L

Colour: Black Navy Red Green.



hand protection

© John Lowther

Fingerless Sticky Thick Gloves, Sticky Thick Gloves and Thick Gloves

The best fitting and most durable 100% Meraklon Polypropylene thermal gloves available. An essential item in every outdoor enthusiasts rucksack.



Sizes: S, M, L
Colour: Black



Sizes: S, M, L
Colour: Black Navy



Features:

- Durable polypropylene fabric for warmth.
- Box finger construction for comfortable fit.
- Extended cuff with Lycra for a secure fit.
- Stickys have our Dura-Grip palm dots for extra grip.
- Fingerless Stickys have overlapped finger ends for durability.

'Dura-Grip'

Term Nova Equipment Ltd



Sizes: S, M, L
Colour: Black Navy



protection



Power Stretch Gloves

New for this season these lightweight, warm and close fitting gloves give a perfect fit on any hand. Can be worn on their own, or as part of a layering system.

Features:

- Polartec Power Stretch fabric to give warmth and a perfect fit.
- Extended Polartec Power Stretch cuff for secure fit.
- Box finger construction for comfort.

Sizes: S, M, L, XL
Colour: Black Navy



POLARTEC
Climate Control Fabrics

Thinny Gloves

The perfect first line of defence against the cold. These versatile thermal gloves can be worn by themselves or in conjunction with any of our other gloves or mitts.

Features:

- A blend of Meraklon Polypropylene and Lycra for the perfect fit. Delivers maximum warmth for minimum bulk.

Sizes: One size fits all.
Colour: Black Navy Red Green Blue



head protection

© David Hempleman-Adams

For my expeditions I require the best equipment to stand up to the worst conditions I will face. Headwear is especially vital, for as much as 70% of body heat can be lost through the head.

Extremities have created the Ice Cap which provides insulation against heat loss while keeping the head dry and protected against penetrating winds. It also gives excellent cover to ears - which are particularly prone to frostbite - in a material that protects against windchill.

The fit of a hat is extremely important because if it doesn't fit comfortably it is not likely to be worn. A volume adjuster will ensure a correct fit, and a chin strap will keep the hat on in strong winds.

David Hemph

Ice Cap

A large percentage of body heat escapes through the head so it is vital to keep your head warm in cold or windy conditions, and during rain or snow storms.

The Ice Cap and Storm Hat offer complete waterproof protection through the use of 3 layer Gore-Tex, with a fleece lining which keeps the head warm, and wicks away moisture for comfort.

Extremities have a range of hats, headbands and balaclavas for head protection in cold and windy conditions. The fleece is soft and comfortable to maximise your enjoyment of outdoor pursuits.

Gore-Tex shell for protection against rain and snow

Fleece lining for warmth and to wick moisture away from the head

Adjuster at rear for optimum fit

Lower cut at the sides to act as protection for the ears



David Hempleman-Adams

David Hempleman-Adams MBE has climbed all the seven continental summits, and achieved a row of world "firsts" in extreme conditions.

He was the first person to complete a solo expedition to the Magnetic North Pole without the support of dogs, snow mobiles or air supplies. He was the first Briton to walk solo and unsupported to the South Pole.

He was the first person to reach both North and South Magnetic Poles in one year. And he led the first team to walk unsupported to the North Geomagnetic Pole - one of nine Arctic expeditions he has headed.

head protection



Sizes: S, M, L
Colour: Black Blue Red Green



Ice Cap

Top of the range Winter hat in 3 Layer ripstop Gore-Tex and lined with fleece for exceptional warmth and protection in the worst conditions.

GORE-TEX

Features:

- Fully taped 3 Layer Gore-Tex shell for complete protection.
- Fleece lining for warmth and comfort.
- Stiffened brim for protection from rain and sun.
- Adjuster at rear for optimum fit and chin strap for security.

Spindrift Cap

Similar in styling to the Ice Cap, the Spindrift Cap is waterproof and packs into a compact space, ideal for storing in your pocket during showery weather.

Features:

- Versatile and lightweight for all-weather use.
- Microfibre shell for minimum bulk.
- Gore-Tex drop liner for waterproofness.
- Wicking lining for comfort.
- Size adjuster for optimum fit.
- Stiffened brim for protection from sun and rain.

Sizes: S, M, L
Colour: Black Navy Red



GORE-TEX



GORE-TEX

Storm Hat

A technical sou'wester design in fully taped 3 Layer ripstop Gore-Tex and lined with fleece and a wicking mesh. Ideal for all travellers to wet climates and for more casual use throughout the UK winter.

Features:

- Fully taped 3 Layer Gore-Tex for complete protection.
- Fleece lining with mesh crown for comfort.
- Stiffened brim for protection from rain and sun.
- Draw cord at rear for optimum fit and chin strap for security.

Sizes: S, M, L
Colour: Black Blue Red Green



Nimbus Hat

Similar sou'wester style hat to the Storm Hat, the Nimbus Hat is lighter and packs away compact for ease of storage. Designed to protect the head against sun or rain whilst out trekking.

Features:

- Lightweight and packs small for all weather use.
- 2 layer Gore-Tex ripstop shell.
- Soft wicking lining for comfort.
- Size adjuster for optimum fit.
- Stiffened brim for protection from sun and rain.

Sizes: S, M, L
Colour: Black Blue Red Green



GORE-TEX

head protection



© Ian Chapple

Balaclavas are new to our Head Protection range for winter 1997/8. There are four models for a variety of needs including the Super Balaclava constructed from Polartec 300 for times when extra warmth is needed, and Windy Balaclava to give complete protection against wind chill.

Each Balaclava is constructed for a comfortable fit, and cut lower at the neck to fit into a jacket.

Balaclava

Features:

- Made from Polartec 200 for warmth and comfort.
- Cut longer at the neck to fit into a jacket.
- Lycra bound hems to give a secure and comfortable fit.



POLARTEC
Climate Control Fabrics

Sizes: One size fits all

Colour: Black Navy Red Green Oak



Super Balaclava

Features:

- Made from Polartec 300 for extra warmth and comfort.
- Cut longer at the neck to fit into a jacket.
- Lycra bound hems to give a secure and comfortable fit.



POLARTEC
Climate Control Fabrics

Sizes: One size fits all

Colour: Burgundy Balsam



Windy Balaclava

Features:

- Made from Gore 3 layer Windstopper fleece for complete windchill protection, warmth and comfort.
- Fleece insert over the mouth area for breathability and additional extreme weather protection.
- Wired, stiffened peak.
- Cut longer at the neck to fit into a jacket.
- Lycra bound hems to give a secure and comfortable fit.



Sizes: S, M, L, XL

Colour: Black Blue Red Green



Power Stretch Balaclava

Features:

- A close fitting balaclava made from Polartec Power Stretch fabric for a comfortable fit.
- Cut longer at the neck to fit into a jacket.
- Lycra bound hems to give a secure and comfortable fit.
- Can be used on its own or as a base layer.



POLARTEC
Climate Control Fabrics

Sizes: One size fits all.

Colour: Black Navy



head

protection

Took

A high specification fleece hat, designed to minimise heat loss and fit comfortably under a jacket hood.

Features:

- Made from Polartec 200 for warmth and comfort.
- Adjustable chin strap for security and a perfect fit.
- Cut low over the ears for additional protection.

Sizes: S/M, L/XL

Colour: Black Navy Red Green Oak



Super Took

Features:

- Made from Polartec 300 for extra warmth and comfort.
- Adjustable chin strap for security and perfect fit.
- Cut low over the ears for additional protection.

Sizes: S/M, L/XL

Colour: Burgundy Balsam



Windy Took

Features:

- 3 Layer Gore Windstopper Fleece for comfort and warmth.
- Elasticated at rear for a secure fit.
- Flat-locked seams for a close fit and better comfort under a helmet.
- Wicking polypropylene liner on the earband for comfort.
- Shaped Lycra-bound hem to protect the ears.

Sizes: S/M, L/XL

Colour: Black Navy Red Green



Cosmonaut

The Cosmonaut is a warm fleece hat with windproof panels over the ears for extra protection. Designed to fit comfortably under a hood for extra warmth.

Features:

- Made from Polartec 200 series fleece.
- 3 layer Gore-Tex windproof panels over the ears for extra protection.
- Cut low over the ears for additional protection.



Sizes: S/M, L/XL

Colour: Black Navy Red Green Oak



Super Cosmonaut

Features:

- Made from Polartec 300 series fleece.
- 3 layer Gore-Tex windproof panels over the ears for extra protection.
- Cut low over the ears for additional protection.



Sizes: S/M, L/XL

Colour: Burgundy Balsam



Super Headband

Features:

- Made from Polartec 300 fleece for extra warmth.
- Shaped to give extra protection to the ears.

Sizes: One size fits all

Colour: Burgundy Balsam



Headband

A high specification headband for walkers, climbers, skiers and bikers. Excellent protection on those cold windy days when a hat is not really necessary.

Features:

- Made from Polartec Series 200 fleece for warmth and comfort.
- Shaped to give extra protection to the ears.

Sizes: One size fits all

Colour: Black Navy Red Green Oak



Windy Headband

Features:

- 3 Layer Gore Windstopper Fleece for comfort and warmth.
- Velcro adjustment at rear for a secure fit.
- Shaped Lycra-bound hem to protect the ears.

Sizes: S/M, L/XL

Colour: Black Navy Red Green



head

protection

Terra Nova Collection

Neck Gaiter

Features:

A simple tube design to keep cold drafts from getting to the neck.

- Made from Polartec Series 200 for warmth and comfort.
- Lycra bound hems.

Sizes: One size fits all.

Colour: Black Navy Red Green Oak



POLARTEC
Climate Control Fabrics™

Super Neck Gaiter

Features:

- Made from Polartec 300 Shearling fabric for extra warmth and comfort.
- Lycra bound hems.

Sizes: One size fits all.

Colour: Burgundy Balsam



POLARTEC
Climate Control Fabrics™

Power Stretch Neck Gaiter

Features:

A versatile design - one hem is Lycra-bound and the other has an adjustable drawcord so it can be worn as a neck protector or as a hat.

- Made from Polartec Power Stretch fabric for low bulk and a perfect fit.
- Draw string top converts the neck gaiter into a hat.
- Shaped for a comfortable fit.

Sizes: One size fits all.

Colour: Black Navy



POLARTEC
Climate Control Fabrics™

POLARTEC
Climate Control Fabrics™

Scarf

Features:

- A single layer of plush Polartec Series 200 for sealing out draughts.

Sizes: One size fits all.

Colour: Black Navy Red Green Oak



Power Stretch Beanie

Features:

- This versatile hat is made from Polartec Power Stretch fabric.
- Low bulk and lightweight.

Sizes: One size fits all.

Colour: Black Navy



POLARTEC
Climate Control Fabrics™

gaiter

range

Andy Perkins

An accomplished all-rounder, mountaineering since 1978. Known for hard mixed routes in Scotland such as Postman Pat (grade VI) on Creagh Meagaidh, and steep technical routes in the Himalaya such as the North West face of Cerro Kishwar. Vice president of the British Mountaineering Council and trainee mountain guide.

Good gloves, hats and gaiters are a vital part of a mountaineering clothing system, the small but significant accessories that make all the difference in the character-building conditions of Scottish winter. Conventional gaiters are lighter, cheaper, and give me more precise footwork on technical mixed terrain, but for prolonged wading through snow or bogs, you can't beat an overboot gaiter, such as Extremities Terragaiter.

Whether I select a conventional or overboot style of gaiter, I look for waterproof materials which are robust enough to fend off the odd crampon scratch, but which retain flexibility so that I don't feel restricted when walking or climbing. The cut of the gaiter should match my boots without putting unnecessary strain on the zip closure. Construction needs to be solid, with zips, velcro and press stud closures that are easy to operate with gloved hands, and above all reliable and robust. Breaking a gaiter zip on a cold and snowy morning is not an ideal way to start the day!

Andy Perkins



Gaiters have become an indispensable part of a mountaineers equipment. They keep the feet and lower leg dry and warm and protected from abrasion.

Extremities Terragaiters have a waterproof and breathable Milano Gore-Tex leg section. The lower ankle area is designed with highly durable 1000 denier Cordura for protection against abrasion by rock and ice. The leg is protected from spindrift by a drawcord closure at the cuff, whilst the boot is kept dry by a fully sealing 5:10 rubber rand.

Other models in the Gaiter range include the Novagaiter, Propagaiter and Splats.



gaiter

range

Stephen Venables

Terragaiter

Terragaiters are our top of the range mountaineering gaiter. They are designed to seal out wind, snow and ice and keep you warm and dry.

Features:

- 3 Layer 'Milano' Gore-Tex upper fabric for breathability.
- 1000 Denier waterproof Cordura nylon lower leg for durability.
- Abrasion resistant, heavy duty PU coated nylon toe-cap.
- Front opening zip with Velcro closure.
- Sticky 5.10 rubber rand for sealing out snow.
- One-hand cord closure at cuff for ease of use and sealed fit.

(Recommended for use with plastic mountaineering boots - or stiff ski-touring boots).

Sizes: Small 6-7, Medium 8-9, Large 9-10, Extra Large 10-12. (Fit as tightly as possible).

Colour: Black.



Novagaiter

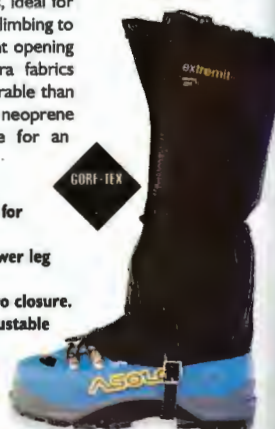
Novagaiters are the classic all round gaiters, ideal for anything from summer ski tours and alpine climbing to Sunday strolls over the Pennines. The front opening design and use of Gore-Tex and Cordura fabrics makes them easier to put on and more durable than any other gaiters we know of, while the neoprene strap holds the gaiter securely in place for an optimum fit.

Features:

- 3 layer 'Milano' Gore-Tex upper leg fabric for breathability.
- 1000 Denier waterproof Cordura nylon lower leg for durability.
- Fully covered front opening zip with velcro closure.
- Double neoprene-coated nylon strap. Adjustable and replaceable.
- One-hand cord closure at cuff for ease of use and sealed fit.

Sizes: Small/Medium 6-8, Large/Extra Large 9-11.

Colour: Black.



Propagaiter

A new addition to the Gaiter range for Winter 1997/8, this lightweight full length gaiter utilises a durable and waterproof nylon upper. Propagaiters are ideal for snowy and wet conditions.

Features:

- 6oz PU coated waterproof nylon full length gaiter.
- Fully covered front opening zip with Velcro closure to prevent water ingress.
- Adjustable and replaceable neoprene coated nylon strap.
- One-hand cord closure at cuff for ease of use and a sealed fit.

Sizes: Small/Medium 5-8, Large/Extra Large 9-11.

Colour: Black.



Splats

A shorter ankle length version of the Propagaiter, the Splat will protect against water whilst trekking over wet moorland. Splats also prevent scree and stones from entering your boots.

Features:

- 6oz PU coated waterproof nylon ankle gaiter.
- Fully covered front opening zip with Velcro closure to prevent water ingress.
- Adjustable and replaceable neoprene coated nylon strap.
- One-hand cord closure at cuff for ease of use and a sealed fit.

Sizes: Small/Medium 5-8, Large/Extra Large 9-11.

Colour: Black.



foot protection

John O'Donnell

Fitness expert John O'Donnell, managing director of Woodland Fitness Centre near Sheffield, took part in a 1997 hike to Mount Sinai in Egypt, which raised over £263,000 for the charity SCOPE.



To reach Mount Sinai we hiked for six days in the hot desert of Egypt, with temperatures as high as 30° C by day and below freezing at night.

During both the expedition and three months training, I wore Extremities Lightweight Toester socks, with Thinny socks as liners. The socks performed extremely well. While about 80% of the 120 people on the hike suffered blisters, I didn't!

The Lightweight Toesters and Thinny socks displaced heat and moisture away from my feet, leaving them dry and comfortable throughout the hike.

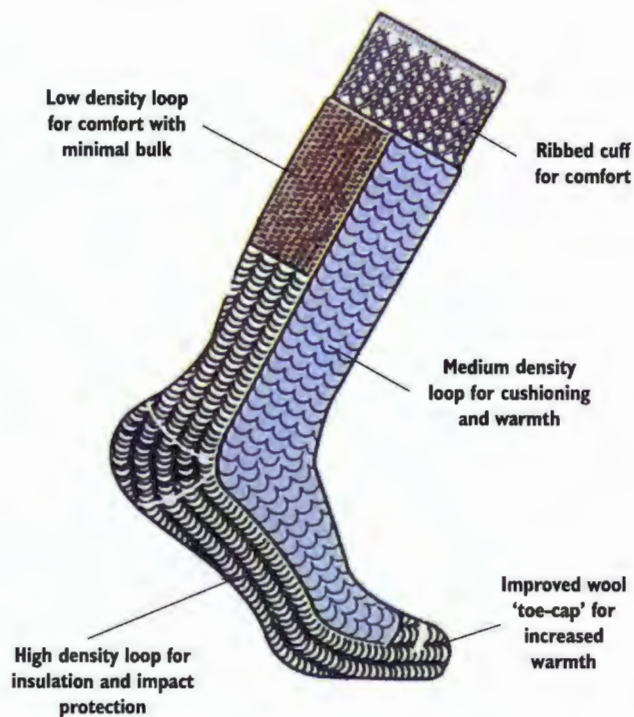
John O'Donnell

Wearing a pair of socks which are not designed for outdoor pursuits can make your feet sweaty and uncomfortable or feel like blocks of ice. If your feet feel like that, chances are you will not enjoy the great outdoors.

Extremities socks are manufactured using the best materials and most sophisticated designs to ensure your feet remain comfortable. By wicking moisture away from the feet, your skin stays dry and firm, which helps prevent blistering.

Mountain Toesters are made from the highest grade wool to ensure your feet remain warm. Summer Toesters, which are knitted with Coolmax, will achieve the opposite, keeping feet cool in hot conditions.

All Extremities socks are designed with a special flat-linked toe-seam which eliminates uncomfortable pressure points.



foot

protection

© Jon Rigby



Mountain Toesters

Mountain Toesters are probably the warmest mountaineering socks in the world. They are designed for use in the coldest weather conditions where frost-bitten toes are a distinct possibility. The unique combination of wool, polypropylene and elastane provides the optimum blend of comfort, warmth and durability.

Features:

- 52% wool, 36% texturised Polypropylene, 10% Nylon and 2% Elastane.
- Triple density loop-stitch design for maximum comfort and warmth with minimum bulk.
- Extra padding under-foot for better shock absorption.
- Extended wool toe-cap for increased warmth.
- Ribbed cuff for comfort.

Sizes: Small 6-7, Medium 7.5-9.5, Large 10-12 (Calf and knee length)
Colour: Oatmeal



Winter Toesters

Winter Toesters are constructed from a single density of wool / polypropylene and elastane yarns. They are designed primarily for Autumn and Winter use but can be used all year round. The unique combination of wool, polypropylene and elastane provides the optimum blend of comfort, warmth and durability.

Features:

- 52% wool, 36% texturised Polypropylene, 10% Nylon and 2% Elastane.
- Single density loop-stitch design for year-round use.
- Ribbed cuff for comfort.

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11 (Calf length.)
Colour: Blue Marl, Green Marl



Lightweight Toesters

Lightweight Toesters are new to Extremities Foot protection range this season. Constructed from a blend of Thermastat and wool, these socks will keep your feet warm on cold days, and wick moisture away from the skin, leaving feet dry and comfortable on hotter days. Lightweight Toesters are specially suited for lightweight trekking boots.

Features:

- Thermastat / wool mix sock suitable for year round use in warmer conditions.
- Thermastat foot for warmth and maximum wicking without bulk.
- Loop stitch wool mix upper for cushioning.
- Flat-linked toe seam to prevent blistering.

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11 (Calf length.)
Colour: Dark Grey/Navy



Summer Toesters

(Available March 1998)

For the first time Extremities have introduced Coolmax, which woven with cotton makes Summer Toesters ideal for wear on a warmer day. The Coolmax yarn actively transports moisture away from the skin, keeping your feet dry and comfortable.

Features:

- Coolmax / cotton mix for keeping cool in warmer conditions.
- Coolmax foot for maximum wicking and comfort.
- Ribbed cotton mix leg for cool protection.
- Flat-linked toe seam to prevent blistering.

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11 (Calf length)
Colour: Mid Grey/Navy, Mid Grey/Green, Mid Grey/Burgundy



Thicky Socks

This is a specific winter weight liner sock. Made from 100% Meraklon Polypropylene they combine wicking properties with thermal insulation to provide dry warmth on cold winter days. Can be used under Toesters.

- Polypropylene for wicking moisture away.
- Y-shaped for secure fit around the heel.
- Flat-linked toe-seam for maximum comfort.
- Elasticated cuff and ankle section for grip with minimum bulk.

Sizes: Small/Medium 4-7, Large/ Extra Large 7.5-11 (Calf length)
Colour: Navy



Thinny Socks

These are our most versatile socks. Made from an advanced Tactel Micro yarn they can be worn under summer or winter weight socks to provide better moisture movement away from the foot for a more comfortable day out.

Features:

- Tactel Micro yarn for wicking moisture away.
- Y-shaped heel for secure fit.
- Hand linked toe-seam for maximum comfort.
- Elasticated cuff for grip with minimum bulk.

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11 (Ankle length)
Colour: Navy

