

Travel Packing Advice: What to Wear at What Temperature

| Temp | Sedentary Indoor/Shade | Mild Activity Indoor/Shade |
|-------------|---|---|
| 100 degrees | Sedentary: | Mild Act: |
| 90 degrees | Sedentary: | Mild Act: |
| 80 degrees | Sedentary: | Mild Act: |
| 75 degrees | Sedentary: Short Slv Shirt w/ Long Pants. (Upper end of the traditional comfort zone is 74°.) | Mild Act: |
| 70 degrees | Sedentary: Long Pants, Long Slv Shirt, Long Socks. | Mild Act: Long Pants, Short Sleeves Short Pants & Long Sleeves |
| 65 degrees | Sedentary: Add undershirt (preferably LS), optional: cap, gloves. (Lower end of the traditional comfort zone is 64°.) | Mild Act: |
| 60 degrees | Sedentary: | Mild Act: |
| 50 degrees | Sedentary: | Mild Act: |
| 40 degrees | Sedentary: | Mild Act: |
| 35 degrees | Sedentary: | Mild Act: walking in London, mid 30s: SS undershirt, LS shirt, sweater vest, sweater, anorack, raincoat + ski-cap, hood, scarf, gloves, double socks w/ wool. Fairly comfortable but legs cool. |
| 20 degrees | Sedentary: | Mild Act: |
| 10 degrees | Sedentary: | Mild Act: |
| 0 degrees | Sedentary: | Mild Act: |

Indoor humidity comfort range is 45% to 60%. Use a humidifier if 10-30%. Use a dehumidifier or A/C if 75-80%.