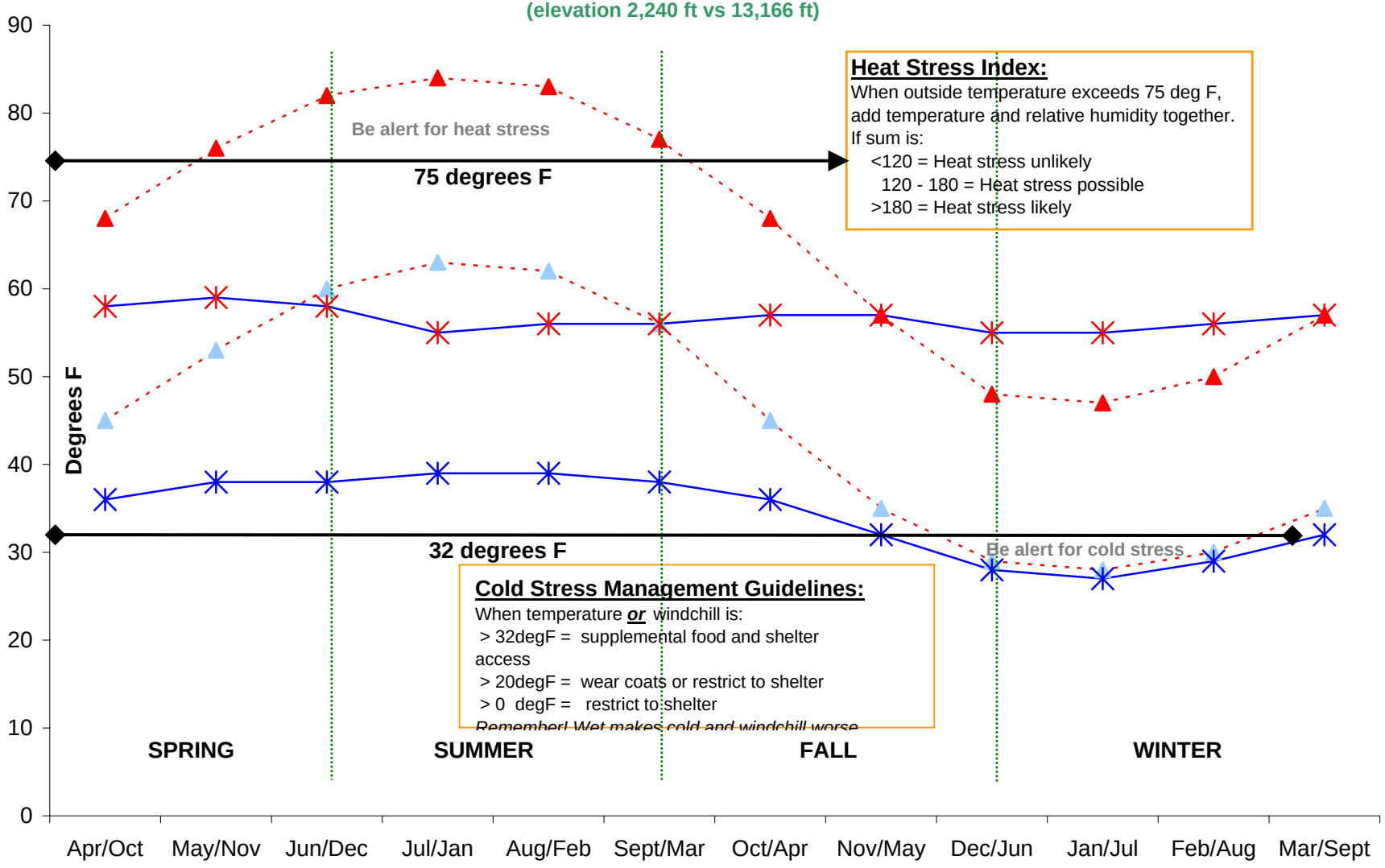
Average Temperatures

Asheville, NC vs La Paz, Bolivia

(elevation 2,240 ft vs 13,166 ft)



Heat Stress Index:

When outside temperature exceeds 75 deg F, add temperature and relative humidity together.
If sum is:

<120 = Heat stress unlikely
120 - 180 = Heat stress possible
>180 = Heat stress likely

Cold Stress Management Guidelines:

When temperature ***or*** windchill is:
> 32degF = supplemental food and shelter access
> 20degF = wear coats or restrict to shelter
> 0 degF = restrict to shelter
Remember! Wet makes cold and windchill worse