Resultant effective thermal insulation of clothing I_{cler} and ambient temperature conditions for heat balance at different activity levels and durations of exposure

Insulation (I_{cler} M2.K/W)	Wearer Standing				Wearer Moving (LIGHT 115 W/M²)				Wearer Moving (MEDIUM 170 W/M²)			
	Air Velocity											
	0.0 m/s		3.0 m/s		0.4 m/s		3.0 m/s		0.4 m/s		3.0 m/s	
	8 hrs	1 hr	8 hrs	1 hr	8 hrs	1 hr	8 hrs	1 hr	8 hrs	1 hr	8 hrs	1 hr
0.390	5	-12	13	-3	-9	-28	0	-16	-29	-49	-16	-33
0.470	0	-20	7	-9	-17	-38	-6	-24	-40	-60	-24	-43

Note:
Performance of clothing ensemble or garment in terms of preserving heat balance at normal body temperature depends on internal body heat production. Therefore the protection level of a clothing ensemble or garment is evaluated by comparing its measured insulation value and the calculated required insulation value.