Mountainlab 2017 - subjective evaluation form

Test person:										Date:						
Method:																
		hafara Dhaga l						Dhaca III								
		before start	Phase I 0 10 20 30				Phase II 0 10 20 30				0	9	Phase III 18 27 36			45
1. How is the thermal sensation of your	a) body	Start														
	b) feet															
	c) hands															
	d) head															
	e) neck															
2. Shivering/sweating																
3. How does your skin feel																
4. How would you prefer your surrounding temperature?																
5. How do you feel with regards to thermal																