

I am sorting different human characteristics and discussing how they relate to human adaption to hot or cold environments.

Shorter body size
Taller, thinner body size
Taller, stockier body size
Thin but not tall
Shorter arms and legs
Heavier than average layer of body fat
Darker skin pigmentation
Low body fat/ thin body
High metabolic rate
Flat face
Moderate skin pigmentation
Pad of fat over sinuses
Narrower nasal passage
Wide nose

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Extreme cold



Extreme heat (Humid heat)



Moderate (medium) cold



Dry heat



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