

**Ask Jon Eakes**

# **Full height basement insulation? An animation explaining why the answer is YES.**

Last Updated: Saturday, February 11th, 2012, Created: Wednesday, September 15th, 1999

An animation on a CD that I produced with the Reader's Digest several years ago showed clearly why you should insulate the entire wall all the way down to the floor. No, you won't freeze anything outside, as the important footings are below the frost depth anyway and there is always some heat loss through the floor to boot. If you don't insulate all the way down to the floor, you'll never be able to make a comfortable basement.

**Keywords:**

Basement, Floors, Footings, Frost, Heat Loss, Insulation, Studs, Walls

**Article 300**

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