Recommended insulation levels for retrofitting existing wood-framed buildings

### Map of Insulation Levels

![Map of Insulation Levels](#)

All of Alaska in Zone 7 except for the following Boroughs in Zone 8:
- Bethel
- Dillingham
- Fairbanks North Star
- Nome
- North Slope
- Northwest Arctic
- Southeast Fairbanks
- Wade Hampton
- Yukon-Koyukuk

Zone 1 includes Hawaii, Guam, Puerto Rico, and the Virgin Islands

<table>
<thead>
<tr>
<th>Zone</th>
<th>Add Insulation to Attic</th>
<th>Floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>R30 to R49</td>
<td>R25 to R30</td>
</tr>
<tr>
<td>2</td>
<td>R30 to R60</td>
<td>R25 to R38</td>
</tr>
<tr>
<td>3</td>
<td>R30 to R60</td>
<td>R25 to R38</td>
</tr>
<tr>
<td>4</td>
<td>R38 to R60</td>
<td>R38</td>
</tr>
<tr>
<td>5 to 8</td>
<td>R49 to R60</td>
<td>R38 to R49</td>
</tr>
</tbody>
</table>

### Uninsulated Wood-Frame Wall:

- Drill holes in the sheathing and blow insulation into the empty wall cavity before installing the new siding, and
- Zones 3–4: Add R5 insulative wall sheathing beneath the new siding
- Zones 5–8: Add R5 to R6 insulative wall sheathing beneath the new siding.

### Insulated Wood-Frame Wall:

- For Zones 4 to 8: Add R5 insulative sheathing before installing the new siding.

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