

IMPORTANT THINGS ABOUT WINTER CAMPING

1. You warm the sleeping bag; it does not warm you! Plan to dress lightly by changing into **CLEAN** clothes when you retire for the night. The clothes you wear during a regular day contain about a pint of moisture from normal perspiration and increase your risk to hypothermia.
2. A closed-cell sleeping pad does **NOT** absorb moisture. A dark green or black "Ensolite" closed-cell pad is designed for cold weather; the light-colored "Ensolite" sleeping pad is not. Open-cell pads absorb moisture. An air mattress is useless in winter! If you do not have a backpacking type sleeping bag rated to at least 10-015 degrees F., bring an extra wool blanket. A fleece liner in your sleeping bag provides an extra layer of warmth.
3. You should pack **all** clothes in heavy-duty Ziploc or plastic bags before you pack them in your pack. Natural moisture in your cloths when you are camping can be uncomfortable when you get dressed in the morning. Backpacks and duffels are not waterproof and they do absorb moisture.
4. Wearing a **wool** watch cap when you sleep is helpful; remember the chimney effect. When you wear a cap, your feet stay warmer. **FACT:** 70% of heat loss from the body is through the head.
5. Waterproof your shoes or boots with a "Sno-Seal" **before** your camping trip. Two or three treatments several days apart are useful. Mink oil does not water proof.
6. Putting **some** of the clothes you will wear the next day inside your sleeping bag when you go to bed will warm them up. Always bring at least one extra pair of **wool** socks for emergencies. Plan on using several pairs of socks each day.
7. Ventilate your tent at night. A closed tent allows condensation to build up on the roof of the tent and it might "snow" or "rain" in your tent.
8. If you are cold or get wet, talk to your leaders. Don't wait until you are numb or until the early morning hours. Learn what **hypothermia** is before going winter camping and learn to prevent it.
9. No one will have extra clothes or equipment to loan to you should yours gets wet. Take a few precautions **before you leave** to go winter camping so you stay warm and dry. If you have questions, get answers to those questions before you leave. Keep an extra set of clothes in the car just in case; it's good insurance. Keeping warm is the most important part of cold weather camping. Use the C-O-L-D method to assure staying warm.

C Clean

Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.

O Overheating

Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Excessive sweating can dampen your garments and cause chilling later on.

L Loose Layers

A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footwear that will allow maximum insulation without impeding your circulation.

D Dry

Damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite and hypothermia. Keep dry by avoiding cotton clothes that absorb moisture. Always brush away snow that is on your clothes before you enter and heated area. Keep the clothing around your neck loosened so that body heat and moisture can escape instead of soaking several layers of clothing.