

## Simple Tips for Cold Weather camping

### GEAR

1. Wear a warm hat, one that covers your ears/neck is best. Balaclava
2. Dress in layers; not one big jacket. A wind proof layer is a must
3. Wool socks, and two light-weight liners per day
4. Mittens are better than gloves – but have something! Socks work in a pinch
5. Boots; water-proofed. Rubber doesn't breathe and requires additional sock liners.
6. Sleeping bag rated at 20 degrees minimally. Mummy-type or bring a 2<sup>nd</sup> fleece blanket
7. Sleeping pad at least 3/8 inch – closed foam, no air mattress!
8. Avoid jeans, tennis shoes, tight clothes, air acts as an insulator
9. Don't wear cotton – choose breathable –wicking type fabrics
10. If you need a fire to stay warm – you are not properly dressed

### TIPS

1. Stay dry, don't sweat or get wet.
2. Exercise briefly just before bed, 15 jumping jacks/10 pushups should do
3. Change ALL of your clothes once in your bag. Put on one new layer as needed
4. Bring a bottle for late night bathroom needs
5. Put your clothes for next day in your sleeping bag to keep them warm
6. Drink 2 quarts of fluid a day, eat 5 times
7. Avoid caffeine ( cola or coffee)
8. Don't sit or lay on the ground, bring a chair/stool
9. Bring your own fire tender, beats looking for it in the dark/rain
10. If you get cold – tell a leader. Don't suffer in silence