

Troop 122

Cold Weather Camping Tips

- 1 Your hands, feet and head are your body's radiators. That is where you lose most of your heat.
Wear sock liners, polypropylene, silk, or ankle high nylons under wool or synthetic socks.
Wear a hat. A wool sock cap is best, but anything is better than a bare head.
Wear gloves, I use nylon workman's gloves that you can get for \$.99 at Garner's
 - 2 Keep up your food and water intake. Food should be high in calories and carbohydrates. Fats are not a bad thing for cold weather camping either.
A snack bag of raisins, peanuts and M & M's is good to have in your pocket.
You can also get chilled and become more susceptible to hypothermia when you get dehydrated.
Drink 60 oz. of water a day.
 - 3 Layer clothes
Polypropylene or silk underwear next to your skin.
second layer should be wool or synthetic.
outer layer can be an insulated jacket or anything else that stops wind but releases moisture.
You can add or subtract layers as required.

Tight fitting, boots, shoes, gloves, hats etc. restrict circulation, which contributes to cold extremities.
- Warning:** Cotton absorbs and holds moisture. While it is very soft and comfortable, it is not a suitable fabric for cold weather outings.
- 4 If you feel like you are getting hot, slow down, overheating produces sweat which is your body's way of cooling itself. Take off your hat for a little while, till you cool down. Then put it back on. Your goal is to retain heat.
 - 5 Sleep on a thin sleeping pad on the ground. Cots and air mattresses allow too much air to circulate around your body. Unroll your sleeping bag early and let its insulation recover its loft. Your body also compresses the loft on the bottom side of your sleeping bag, which ruins its insulation properties.

While down is a very good and lightweight insulator, it also holds moisture like cotton does and is very expensive. There are a number of synthetic insulators that insulate just as well and release moisture much more quickly. Holoofil, Qualofil, etc are some trade names to look for.
 - 6 Change into dry sleepwear at night. The 2 minutes it takes to change in the cold air will more than make up for the temporary chill during the course of the night.
Wear a sock cap to sleep in.
 - 7 Carry a day pack or back pack w/ enough space to shed layers as required.
 - 8 If you are going to be around water, take a dry change of clothes in a dry bag.
 - 9 Watch for signs of hypothermia in yourself and those around you.
When you shiver, that's your body warning you that you're getting too cold and it is trying to centralize your body's heat around your vital organs.