

COLD WEATHER CAMPING

STAYING WARM DURING THE DAY

- Your body processes keep you warm. Use synthetics against your skin. Avoid cotton. Wool clothing is best, but needs wind protection. Make your outer-most layer wind-resistant.
- Don't constrict your wrists and ankles. It keeps warm blood from reaching your extremities.
- Use your head. Keep it covered when you're cold; remove your cap as you warm up to avoid sweating.
- If your feet are cold, put on a hat. (Most of your body heat is lost from your head.)
- Avoid sweating by ventilating your clothing. Use those layers and remove when hot.
- Keep rain and wind out of your insulation. Keep active. Moving around is the best way to stay warm.
- For your cold feet, make sure your socks are clean, dry and roomy. Remember the word "**COLD**" - Keep your clothing **CLEAN**. - avoid **OVERHEATING** - wear clothing **LOOSE** and **KEEP IT DRY**

HINTS FOR KEEPING WARM AT NIGHT

- The sleeping bag doesn't heat you. Insulate underneath you. Don't sleep with your head in the bag.
- Change clothes - wear a ski hat to bed - ventilate your tent:
- Eat a candy bar. Before going into the tent, drink some warm cider, cocoa, etc. Drink warm Gatorade. (Dilute the Gatorade to "half strength" with water when using it to treat dehydration).
- Go to the bathroom before bed. Do not dry "wet" clothes in or under your bag - put dry clothes under your bag, fluff your bag, keep it dry:

HOW TO RECOGNIZE AND ASSESS HYPOTHERMIA

- Ask the affected person how he or she feels: If he or she expresses feeling chilled and manifests goose bumps, a slight lack of coordination in the fingers, mild shivering and slight mental impairment, mild hypothermia is probably the cause.
- Check for more serious symptoms: severe muscular coordination problems (inability to use hands, stumbling; falling), violent and uncontrollable shivering, impaired judgment and irritability.
- Assess for yet more severe symptoms: cessation of shivering, almost complete lack of muscular coordination, muscular rigidity, unconsciousness, lowered heart and respiratory rate, dilated pupils and fruity breath.
- Take the person's temperature with a low-reading thermometer. A temperature from 98.6 to 95 degrees indicates mild hypothermia; from 95 to 90 indicates moderate hypothermia; below 90 indicates severe.

Warnings:

- Avoid tight-fitting clothing - including footwear - which might impair circulation.
- Avoid alcohol, which could contribute to dehydration and impair judgment.
- Avoid caffeine and nicotine, which also exacerbate dehydration. Try warm Gatorade instead.

WINTER CAMPING SAFETY

Tips for your next winter camping trip:

- Use the Buddy System. Plan to cover no more than five miles per day. Always allow ample time to make camp in winter, especially if you plan to build snow shelters.
- Fatigue encourages accidents. Rest occasionally. Use a sled or toboggan. Snow is a terrific insulator. Add a cup or two of water in the bottom of a pot before putting in the snow to melt.
- Always test the thickness of ice before venturing any distance from the shore. Use alkaline batteries in flashlights. Encourage everyone in your group to wear brightly colored outer clothing.
- Small liquid-fuel stoves are much better for cooking in winter than fires. Always use a funnel to refuel a stove so you won't frostbite your fingers. Place a stove or fire on a platform of logs or rocks. Never light or use a stove inside a tent or snow shelter. A windscreen is essential.