

## *Rules and Instructions for Keeping Warm in the Sack*

1. **REMEMBER:** The sleeping bag doesn't heat you, you heat it. So use this rule, "Thickness is warmth", to keep this heat. If you're cold, add some more insulations (blankets, clothes, more newspaper).
2. **DO NOT SLEEP IN BOTTOM OF BAG:** Your breath contains water. If you close your bag with your head inside, then this water sticks to the bag. Wear a hat to keep your head warm.
3. **CHANGE CLOTHES:** *NEVER* sleep in wet clothes. Even perspiration will chill you at night.
4. **EAT A CANDY BAR:** This increases your metabolism (moves your blood faster) and it helps keep you warm.
5. **GO TO THE BATHROOM BEFORE BED:** This saves you a middle of the night trip in the cold.
6. **DO NOT DRY "WET" CLOTHES IN BAG:** Moisture will travel from wet clothes to sleeping bag.
7. **PUT TOMORROW'S CLOTHES UNDER BAG:** This heats up clothes for tomorrow's cold morning and also provides more insulation.
8. **FLUFF UP YOUR BAG:** Always fluff up bag before using to create the thickness important in keeping warm.
9. **MOST IMPORTANT, KEEP IT DRY:** Keep all your sleeping gear dry and follow these rules, and winter camp should prove to be a rewarding experience.

### IMPORTANT STUFF TO KEEP IN MIND

1. Clothing does not make you warm; it is your body processes that keep you warm. Clothing merely provides the insulation to preserve your warmth.
2. Layered thickness is warmth.
3. Keep your torso warm so that it can send heat to the extremities.
4. Avoid sweating by ventilation.
5. Keep rain and wind out of your insulation.
6. Use your head. Keep it covered when you're cold; remove cap as you warm up to avoid sweating.
7. Strain one muscle against another to maintain metabolism.
8. Wool clothing is best but needs wind protection, synthetics are next best. Down is OK as long as it stays dry, cotton is a poor choice.
9. If your feet are cold, put a hat on.
10. Remember the word "COLD" -  
Keep your clothing - Clean.  
Avoid ----- Overheating  
Wear clothing ----- Loose  
Keep it ----- Dry

What to pack:

2 pair of warm socks (wool preferred), Sock hat, 2 dry change of clothes, WINTER COAT (required)

Warm sleeping clothes, boots, gloves, insulated bed pad, layered clothes. The temperature will be mid 40s during the day and high 20's at night.

## Tent Placement.

Whenever possible, place your tent in a location that will catch the sunrise in the morning. This will aid in melting off any ice and evaporating any frost or dew that may have formed during the night. This will also warm your tent as you awaken in the morning. Cold air sinks. Try to place your campsite on slightly higher ground than the rest of your surroundings. Try to choose a protected site if it is snowing or the wind is blowing.

## Water Consumption In Cold Weather.

Dehydration can seriously impair the body's ability to produce heat. Drink fluids as often as possible during the day and keep a water bottle or canteen with you at night.

## Cooking In Cold Weather.

Cooking in cold weather will take about twice as long as normal. Always use a lid on any pots that you are cooking in. This will help to hold in the heat and decrease the overall heating time. Make sure you start hot cleaning water before you start cooking. The pots and utensils must still be cleaned. Try to keep your menu to good one-pot meals. Things like stews, chili, and hot beans stick to your ribs, lessen the cleaning time, and provide good sources of energy and fuel for your internal furnace. A good high-calorie snack before bedtime will also keep you warm all night. Stay away from an overabundance of sugar, cheese is a good high-calorie bedtime snack.

## Sleeping Tip #1.

*Do not* sleep with your mouth and nose in your sleeping bag. The moisture of your breath will condense in the bag, and cause it to become wet and ineffective as an insulator.

## Checklist.

Make a checklist of everything you need before you start to pack. Then check each item off as you pack it. This way you will not forget anything.

## Keeping Warm

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 footgear 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 a heated area. Keep the clothing around your neck loosened so that body heat and moisture can escape instead of soaking several layers of clothing.

## Clothing.

### - Footwear.

As with other clothing, the layer system is also the answer for footwear. Start with a pair of silk, nylon, or thin wool socks next to your skin. Then layer on several pairs of heavier wool socks. When and if your feet become damp, change into another pair of dry socks at the first opportunity. Rubber overboots will protect the feet from water and will allow more comfortable shoes to be worn within.

### - Mittens and Gloves.

Mittens allow your fingers to be in direct contact with each other. They will keep your hands warmer than regular gloves that cover each finger. Select mittens that are filled with foam insulation, or pull on wool gloves and cover them with a nylon overmitt. Long cuffs will keep wind and snow from getting in.

### - Headgear.

The stocking hat is the warmest thing you can cover your head with in cold weather. Get one that is large enough to pull down over your ears. Also ski masks are great in the winter and can help in keeping your neck and face warm as well. Noses and ears can be very easily frostbitten, so a scarf can be an invaluable item to have.

### - Parka and/or Overcoat.

Your coat or parka is the most important piece of your winter clothing. It needs to be large enough to fit over extra clothing without cutting off blood flow, and allowing ventilation to keep moisture away from your body. A large permanently attached hood will prevent heat loss around your head and neck.

### - Sleepwear.

Never should you sleep in the same clothes that you have worn all day. They are damp and will cause you to chill. This could cause frostbite and hypothermia. It is advised that you bring a thick pair of sweats and thermal underwear to sleep in. Keep the thermals and sweats for sleeping in only. Do not wear them during the day, this will keep them the driest. Also be sure to have a couple of layers of wool or heavy thick cotton socks on as well. Always sleep with a stocking hat on your head. Your sleeping bag needs to be a winter rated bag. Typically rated down to 15 degrees and stuffed with 5 pounds of Holofil, Fiberfil, or other polyester ticking. It is also a very good idea to have some kind of sleeping mat to use in the winter. The mat can be a \$90 Thermal Rest from Galyans (Scouts get a %10 discount by showing Scout ID card) or a piece of high density rubber foam at least one inch thick. In cold weather camping you never want to sleep on an air mattress or off the ground in a cot. The air under you will cool you off in no time and this would create a threatening situation. If you don't have a sleeping mat, bring a spare wool or natural fiber blanket to use as a ground pad under your sleeping bag. The sleeping mat is worth its weight in gold.