

- Also attached:
1. Introduction to Outdoor Equipment for New Scouts
  2. Cold Weather Camping "Must Have" List
  3. List of Outdoor Equipment Suppliers
  4. Buying a Backpack, Sleeping Bag

## **Winter Trips: Staying Safe and Comfortable**

**1. STAY DRY AND KEEP YOUR THINGS DRY.** Dampness makes you cold. Use outer shell layers of clothing that shed snow so you don't get wet. Tuck clothes in and zip up parkas. Lace boots up snugly and pull snow pants over the top or use gaiters. Don't get sweaty – take layers off as you warm up. Know where things are in your pack. Take care not to let things fall in the snow. If they do, brush them off quickly. Use Ziplocks and plastic garbage bags for dry storage.

### **2. IF YOU ARE COLD, TAKE ACTION RIGHT AWAY – DON'T WAIT.**

- Put on more layers, including a hat and neck gaiter or scarf, zip up and tuck in.
- Run around for few minutes exerting as much energy as possible
- Have a high-energy snack and/or warm drink.
- If you are done for the day and you are wet, change into dry clothes.

**3. EAT AND DRINK - THE MORE THE BETTER.** **Food:** Gorp, granola, nuts, raisins, energy bars, candy bars, cheese, salami, goldfish or crackers are all excellent. Whatever you like that is high in calories. Cut things like cheese and salami up before leaving home – frozen food is hard to cut. **Drink:** Staying hydrated is critical to staying warm. Fill your bottle with hot water and drink mix. Keep it from freezing during the day by putting it inside your pack rather than in an outside pocket.

### **4. MOST IMPORTANT: WATCH FOR SIGNS OF FROSTBITE AND HYPOTHERMIA IN YOURSELF AND OTHERS. TELL AN ADULT IF:**

- You can't feel some of your toes or fingers
- You see white splotches on someone's nose, cheeks or ears
- You or someone else is shivering and can't stop
- Someone is acting clumsy or is unusually quiet

**Set up a buddy system before you go.**

### **TIPS ON HOW TO STAY WARM AND COMFORTABLE AT NIGHT IN WINTER:**

- Eat a big dinner and then eat a high energy snack right before bed.
- Bring an extra sleeping bag or a liner if you have a summer bag. Put one inside the other. Fluff out your bag(s) well before bedtime.
- Bring two foam pads to stretch out under your whole bag. Or put your empty pack under your lower legs and feet. Get your whole bag off the tent floor.
- Save a dry pair of clothes or long underwear for sleeping in. Wear your hat and scarf. Or, sleep in everything you have on, including snow pants, as long as they are dry.
- Safety pin your parka to your sleeping bag over your chest.
- If you have to "go" at night, don't try to hold it – you'll sleep better and warmer if you just get up and do it.
- If all of your gloves or socks or boot liners are damp, bring at least one pair into your sleeping bag to help dry them out.
- Be meticulous about keeping snow out of the tent.
- Leave an opening at the top of the tent door for water vapor to escape – the tent won't be so full of frost crystals in the morning.
- Make sure your spare clothes are protected from getting wet.
- Don't mix damp and dry clothes.