

Winter Camping

Featured Website of the Month

National Ski Patrol

http://www.nsp.org/nsp2002/safety_info_template.asp?mode=dress

CLOTHING FOR WINTER CAMPING

IN COLD WEATHER, WEAR LOOSE FITTING CLOTHES IN LAYERS OR "SHELLS." KEEP IT DRY!

START WITH "LONG JOHNS" NOT TOO TIGHT.

NEXT A FLANNEL SHIRT, WOOL TROUSERS.

NEXT A WOOL TURTLE-NECK SWEATER.

ADD A LIGHT JACKET, WOOL CAP, HEAVY BOOTS.

FOR VERY SEVERE COLD WEATHER, OR WET, COLD RAIN WEAR WATER-REPELLENT JACKET OR COAT OVER ALL YOUR OTHER CLOTHES; WEAR WATER-PROOF SHELLS OVER GLOVES AND GALOSHES.



BEDDIN' DOWN



WEAR WOOLEN GLOVES WITH WATER-REPELLENT SHELLS OVER THEM IN WET WEATHER.

KEEP YOUR FEET DRY!

WEAR HEAVY BOOTS—OR GALOSHES OVER LOW SHOES.



A SWEATSHIRT WITH A BUILT-IN HOOD AND A PAIR OF TRACK PANTS MAKE A FINE SLEEPING OUTFIT. UNDRESS IN YOUR SLEEPING BAG—FIRST FLUFF IT UP WELL—IT'S THE AIR, NOT THE STUFFING, THAT KEEPS YOU WARM.

HAVE MORE UNDERNEATH THAN ABOVE: MORE LAYERS OF BLANKETS, OR SLEEPING BAG, AIR MATTRESS, BRONZE-FILLED TICK ON TOP OF GROUND CLOTH.



Staying Warm and Safe in the Winter

- *Dress in layers* - Layers trap the heat and allow you to adjust for changes in temperatures and activity levels.
- *Choose the right fabrics* - Remember, cotton kills. Wear wool, polypropylene, polartec, or other synthetics. Avoid down-filled jackets; they're useless when they're wet.
- *Stay dry* - Make sure you wear an outer layer that will keep you dry.
- *Wear a hat* - There's an old saying: If your feet are cold, put on your hat! Most of your body's heat escapes from your head. Wearing a warm hat is essential in the winter.
- *Fuel up* - Make sure you eat plenty when you are outdoors in the winter. Food is your body's fuel to keep warm.
- *Drink lots of water* - Even though it is not hot, you are still sweating and losing liquids, so make sure you drink plenty of water when you're outside in the winter.

Hypothermia: The Warning Signs

Hypothermia occurs when your body loses its heat. It can happen at any time of the year, whenever you are exposed to the elements. If the warning signs are ignored, it can quickly lead to death. Here are the warning signs:

- Feeling cold and numb
- Uncontrollable shivering
- Fatigue and anxiety
- Confusion and irritability
- Stumbling or falling down
- Loss of consciousness

If you see these signs in yourself or another scout, get help fast. Warm the victim up with warm clothes, warm location, warm drinks, warm water bottles next to skin.