

Introduction

Camping in winter:

- Does **not** mean being cold
- **Does** mean
 - - Dressing differently
 - Eating differently
 - Thinking differently

Dressing for warmth

- General principles
- Dress in layers
- Head, Hands and Feet
- Bring spares

Your body heat keeps you warm

- If you can feel external heat, you aren't dressed well enough
- If you can't feel external heat, **BE CAREFUL**

Cotton kills!

- Absorbs moisture
- Takes a long time to dry
- Does not insulate when wet
- Does not stop wind

Remember "**COLD**", and you won't be

- Keep Clean
- Avoid **Overheating**
- Wear **Layers**
- Stay **Dry**

Dressing for warmth means layers

We all have heard this. It is something our mothers have told us for years. For really cold weather, though, the **kind** of layers is the key.

Proper layers keep you dry, insulate you, and protect from wind and water.

Clothes should be loose

- Loose layers insulate better
- Elastic bands make you colder
- Looser clothes make it easier to move

Three layers

- Next to the skin
- Middle layer
- Outer layer

Next to the skin

The layer next to the skin must:

- transport moisture away from your skin.
- Should be smooth and comfortable
- Polypropylene and polyester are best for comfort
- Silk is another good fabric

Middle layer

- Must trap pockets of air around you
- Wool is excellent
- Polyester fleece is lighter and insulates better

Outer layer

- Must block wind, and sometimes water
- Should allow moisture to escape
- Nylon is excellent
- Goretex is best, but very expensive

Head

- Much heat is lost through the head
- "If your feet are cold, put on a hat"
- Must cover ears
- Should block wind
- Neck gaiters make a big difference
- Scarves are good too

Hands

- Gloves should provide "layering"
- Warm lining is essential
- Windproof shell is essential
- Separate shell and liner are versatile
- Long cuffs increase warmth
- Mittens are warmer than gloves, but lose dexterity

Feet

- Boots are essential
- **NO TENNIS SHOES!**
- Boots and socks should provide layering
- Make sure they are waterproof
- Boots with removable liners are best
- Polypropylene sock liners make a big difference
- Wool and polyester socks insulate well
- Multiple pairs of socks increase insulation
- Don't wear too many socks

Bring spares

- Socks
- Hats
- Gloves
- Boot liners

Eating for warmth

- Eat multiple small meals
- Eat higher-fat foods
- Eat complex carbohydrates
- Take trail snacks
- Drink warm beverages

- Drink plenty of water

Thinking for warmth

- If you feel cold, **get moving**
- If you feel cold, put on more clothes **now**
- If you feel cold, **tell someone**
- If you feel warm, take off clothes **now**
- Don't play in snow unnecessarily
- If snow accumulates on you, brush it off
- Eat often
- Drink plenty of water
- If you get wet, change clothes