

TROOP 555



Boy Scouts of America
St. Gertrude Catholic Church
Miami Trails District
Dan Beard Council

Cold Weather Camping Guide

Remember if you want to stay warm, think
COLD

C = stay Clean

O = avoid Overheating

L = dress in Layers

D = stay Dry.

The BSA defines “Cold Weather Camping” as
Camping in temperatures $<50^{\circ}\text{F}$

"Have you ever slept on ice and stayed warm?"
Yeah, We Have!!

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 insulation (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. Change ALL your clothes before entering your sleeping bag. 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. You will lose all the heat from your bag and tent.
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. **INSULATE YOURSELF FROM THE GROUND:** Use a thermorest or comparable sleeping pad or two foam pads and or place leaves or straw under your tent.
10. **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. REMEMBER 70% of body heat is lost through your head.
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. Leave the back flap of your tent open about 4 inches. this will allow the moisture from your breath to escape out of the tent and not collect on the sides

RECOMMENDED CLOTHING FOR TWO DAY WINTER CAMP

In addition or in substitution to what you would normally bring to camp, bring:

- 2 shirts (wool,best, or flannel)
- 2 pairs wool or synthetic pants (Strongly recommend against cotton pants like jeans. They absorb moisture like a sponge).
- thermal or polypropaline underwear
- boots (WATERPROOFED)
- 2 pairs of heavy socks (wool recommended)
- 2 pairs lighter socks (polypropaline is best)
- Windbreaker (as is or part of heavier jacket)
- stocking cap (wool is best)
- parka or heavy jacket (rarely will need if enough layers)
- mittens, (WOOL, gloves not recommended except as extra pair)
- extra shoes

Unless you are planning to buy some of the items on this list anyway, do not run out and start spending lots of money on clothes and equipment. If all your pants are jeans, for example, bring three or four pairs and change frequently. If you are in doubt or have questions, call one of the troop leaders for advice.

Other tips and tricks:

To keep boots from freezing up overnight, lie them on their sides beneath your sleeping bag under your butt with the soles sticking out. Put one on each side of you. There should be enough heat escaping there to keep the frost out, plus the placement will help keep you from rolling off your mat.

Keep gloves, socks, and any of tomorrow's clothes as will comfortably fit inside the sleeping bag. Any other clothes, jacket, sweater, whatever doesn't fit, should be put under the bag. It's much more comfortable to dress in pre-heated clothes and the added insulation doesn't hurt.

Don't forget the nightly duties. A full bladder requires more heat than an empty one, plus getting up at 2:00 AM in sub-zero weather is absolutely no fun.

Go for a night hike or play an active game just before you crawl in the bag. After you get in the bag, take a mouthful of water and eat something fatty like cookies. This gets the furnace started and helps keep it going throughout the night.

The standard 3-tub method of doing the dishes just doesn't work in the extreme cold. Heat up some water and pour this in individual bowls to melt the leftover bit and pieces of food. Soak your utensils in this. Then use a paper towel or even a snowball to scrub. Any cloth dishrag will freeze.

Bring extra everything. Stoves and lanterns will fail. Water bottles will freeze and crack. Things, like boys just behave differently in the cold.

Everyone on the trip should know the signs and treatment of hypothermia!!!

No cotton!!!!