

WINTER CAMPING TIPS

1. You warm your sleeping bag, it does not warm you! Plan to dress lightly in **clean** clothes when you go to bed. The clothes you wear during the day contain about a pint of moisture from normal perspiration.
2. A closed-cell sleeping pad does **not** absorb moisture. A dark or black “Ensolite” closed-cell pad is designed for cold weather, the light colored “Ensolite” sleeping pad is not. Open cell pads absorb moisture. An air mattress is useless for warmth in the winter! If you do not have a backpacking type sleeping bag rated to at least 10-15 degrees F., bring an extra wool blanket.
3. You should pack **all** clothes in heavy duty plastic bags before you pack them in your pack. Moisture in your clothes when you are camping can be uncomfortable when you get dressed in the morning. Backpacks are not waterproof and they do absorb moisture.
4. Wearing a **wool** cap when you sleep is helpful. Remember the chimney effect. When you wear a cap, your feet stay warmer. **Fact:** 70% of heat loss from the body is through the head.
5. Waterproof your shoes or boots with a “sno-seal” **before** your camping trip. Two or three treatments several days apart is useful. Mink oil does not waterproof.
6. Putting **some** of the clothes you will wear the next day inside your sleeping bag when you go to bed will warm them up. Always bring at least one extra pair of **wool** socks for emergencies.
7. Ventilate your tent at night. A closed tent allows condensation to build up on the roof of the tent and it may “snow” or “rain” in your tent.
8. If you are cold or get wet, talk to your leaders. Don’t wait until you are numb or until 3:00AM. Learn what **hypothermia** is before going winter camping and learn how to prevent it.
9. No one will have extra clothes or equipment to loan to you should yours get wet. Take a few precautions **before you leave** to go winter camping so you stay warm and dry. If you have questions, get answers to those questions before you leave. Keep an extra set of clothes in the car just in case. It’s good insurance.