

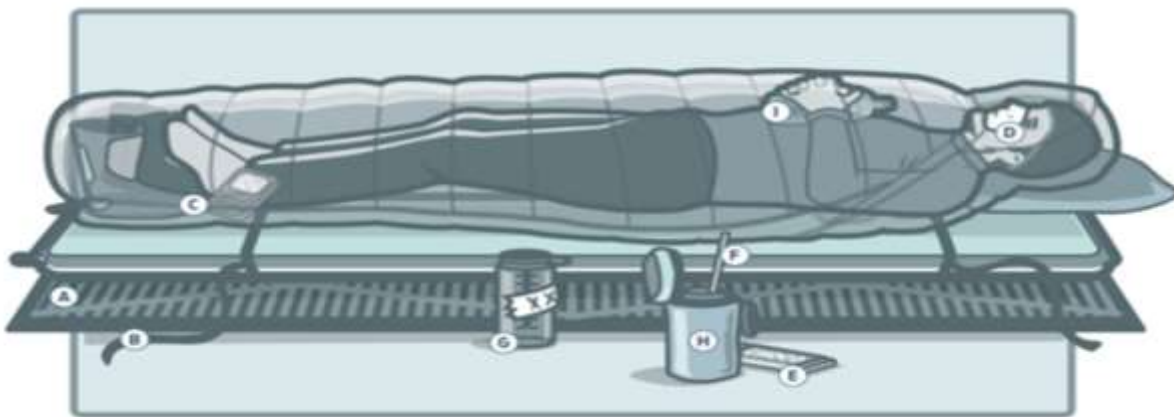
Troop 9 - Essential Cold-Weather Camping Gear Checklist

Troop 9 has extensive cold weather camping experience. Here are a few hints we have learned, to help you be safe and warm, on our Winter trips including the Klondike in January.

Maintain a Positive Attitude: Winter Camping is another challenging adventure in scouting. Being prepared with the right gear, along with a good attitude will keep you thinking ahead and planning how you're going to stay warm and safe. Be sure to plan more time to do camp chores, since everything takes longer in the cold.

- **Get help early! Tell an ADULT if you are COLD!!!** Don't keep it to yourself...
- **Cold weather camping is a team sport** – Look for signs of **Hypothermia & Frostbite**. To be successful, you must watch out for the other scouts and them for you.

Camp Like a Cold-Weather Pro (stay warm & get a good night sleep)



Winter camping techniques & recommendations in your tent & sleeping bag:

- **Use a Closed-cell foam sleeping pad**, ground insulation & space blanket (A, B)
- **Sleeping bag (Mummy shaped, synthetic fill)** with appropriate low temperature rating (+20, 0 or -20 degrees). **Do not use DOWN sleeping bag**, if wet, down loses insulation. (C)
- **Wear synthetic (polypro or wool) base layers & a hat** in your sleeping bag (D)
- **CHANGE ALL your clothes before going to bed** (underwear, long johns, socks & fleece jacket. **DO NOT wear COTTON clothing!** Dump the cotton sweatshirt
- **Layer your socks (inner wicking & outer heavy sock)**, light wt gloves, and a cold-weather hat, that covers your neck (**Balaclava**) (D)
- **Keep a High Calorie Snack available overnight** -Nutrient-dense snacks, high calorie foods (protein, fat & sugars) GORP or SNICKERS bar. Eat some before going to sleep (E)

- **Use insulated water bottle or thermos**, to drink warm liquids. (H)
- Pour hot water into a Nalgene bottle, place in a sock to warm sleeping bag (I)
- Keep sensitive electronics (cell phone) in sleeping bag overnight. (C)
- Use tent brush to remove frost from inside tent
- **Eat food when you wake up. Get dressed and Get active...** Move around to generate heat. Prepare “Eatable Hand-warmers” – Applesauce squeeze tubes in hot water. Drink Hot Choc or warm water

General COLD weather camping tips:

- **Cold Toes? Put a Hat ON!** You lose 40% of your heat from your head, keep it covered and vent it when you’re getting too hot.
- **Get off your rear end:** Don’t sit in snow, stand or sit on a closed cell foam pad
- **Wear baggy loose fitting clothes** – help insulate by trapping air in layers of clothing.
- **Avoid TIGHT boots & clothes.** Reduces circulation and feet get cold faster
- **REMEMBER - 3 W’s in layering clothes:**
 - **WICKING** – Long underwear wicking base level
 - **WARM** – wear Fleece or wool clothed middle later
 - **WIND / waterproof** – wear a wind & waterproof layer on top outer shell
- **Bundle Up:** Add extra layers when you stop for a break after active periods

3 layers of clothing

The three layers of clothing:

Base Layer
Mid-Layer
Outer Layer

How does it work?

Body heat is trapped in the dead air space while perspiration is wicked away from the skin and through to the outer layer. Wind and rain cannot penetrate the outer layer.



- **Fuel the Bodies FIRE:** - Feel COLD? – Eat a Snack, (GORP or Snickers bar) eat a steady supply of slow burning food for fuel.
- **Stay hydrated - DRINK Water** – it aids in digestion and keeps you hydrated.

- **Don't hold it in!** - Go to bathroom as you feel the need. Check color of urine... it should be clear to light yellow, if it's dark yellow – drink more water.
- **Prevent Wet Feet:** Wear waterproof boots, layered socks (inner sock and warm outer sock), use plastic bag to cover feet in wet boots.
- Place boots & boot liners, in waterproof bag / stuff sack in bottom of sleeping bag or under sleeping bag overnight.
- Use Hand Warmer in bottom of sleeping bag overnight (be careful of bare skin contact.)
- **Invert your water bottle overnight.** Ice freezes and rises to top; this keeps bottle cap threads clean & easy to open in the morning.
- **Use a THERMOS for hot water.** Keep in tent and with you, during the day for drinking, fast hot drink to warm up before breakfast or at night.
- **Have 3 ways to make fire:** carry Matches (windproof), BIC lighter, & Fire steel
- Use thick rubber gloves to handle stove fuel or snow.
- **Pack Extra** - hat, gloves, socks and fleece, flash light & batteries
- **Use a sled** –to carry -pull your winter gear in snowy conditions.

Get better performance from your existing sleeping bags:

- **Change out of day time clothes into dry “sleep clothing”** - Sleep in DRY clothing, in layers. Underwear, fleece pants & sweatshirt, polypro long johns, hat & wool socks, polarguard booties, vest and neck gaiter. DO NOT use a cotton sweatshirt
- **Overbag / Bivy Sack** - add 10°warmer, Waterproof cover or use summer weight sleeping bag as extra layer
- **Fleece liner bag** * (layered system) adds comfort & 10°to bag rating. Use zippered fleece bag or blanket

What Are the Signs and Symptoms of Moderate to Severe Hypothermia?

Our bodies regulate best at 98.6 °F (or 37 °C), so hypothermia is a real risk when our core temperature drops below a safe level. Here are the signs and symptoms of moderate to severe hypothermia:

- | | |
|---|---------------------------|
| • Shivering that eventually ceases as condition worsens | • A thready or weak pulse |
| • Poor and worsening coordination | • Drowsiness and lethargy |
| • Slurred speech | • Slowed breathing |
| • Confusion and impaired cognition | • Shallow breathing |
| | • Apathy |

What Are the Signs and Symptoms of Frostbite?

Frostbite commonly affects the fingers, toes, ears, nose, chin, and cheeks. Exposed skin in extreme wind or cold is most susceptible to frostbite, although unexposed skin may also be susceptible.

- **The Early Stage of Frostbite:** The first stage of frostbite, known as frostnip, is reversible and will not cause severe damage to tissue. This stage is characterized by paleness, mild tingling, and numbness of the affected areas.
- **The Intermediate Stage of Frostbite:** The second stage of frostbite is called superficial frostbite, during which skin remains soft but mild damage has occurred. Skin discoloration may be visible, and water blisters may appear after rewarming in the first 24-48 hours.
- **The Advanced Stage of Frostbite:** Severe frostbite is a medical emergency and is characterized by hardened, cold skin, the loss of sensation, permanent nerve damage, and cell death. Affected skin may be blue or black. Severe cases may require the amputation of affected areas.

First Aid Treatment for Frostbite

- Get immediate help
- Transport the individual to a hospital ASAP
- Relocate to a warm, sheltered area
- Elevate the affected area
- Do not walk on affected toes or feet
- Remove cold clothes
- Do not massage the affected skin
- Give the individual a warm beverage (no alcohol)
- Apply sterile, dry first aid dressing
- Use first aid dressing or cotton balls to separate the affected digits
- Do not rewarm the affected area if at risk of refreezing
- When safe, use body heat or warm water (not hot) to rewarm the area

REMEMBER this phrase: **C.O.L.D.**

- ✓ Stay **CLEAN**
- ✓ Avoid **OVERHEATING**
- ✓ Maintain **LOOSE LAYERS**
- ✓ Stay **DRY**