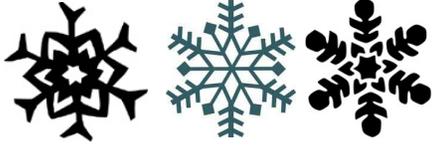




Camping Snow

A Guide
to



Clothing

COTTON KILLS! Cotton loses its insulating qualities when it gets wet, whether from rain or sweat. Cotton also takes a long time to dry out. Wool, fleece and synthetic materials are warmer than COTTON for ANY clothing items!

Head Protection

Up to 50% of a person's total heat loss can occur through the head. A good wool or fleece toque or balaclava will not only slow heat loss through your head, it will also make your hands and feet feel warmer because of improved circulation. Always bring extra toques.

Hands and Feet

To keep your head and torso warm in cold conditions, your body reduces blood flow to the hands and feet. These extremities don't generate much heat on their own, so they need protection. Mittens are warmer than gloves. Layering with a thin inner mitten and a shell is best. Always bring several extra pairs of gloves/mittens.

- The secret to staying warm is quite simple: Dress in layers: when you get hot, take something off; when you get cold, put something on.
- Stay as dry as possible; remove wet clothing and change into dry clothing.
- It's best to change clothes completely for sleeping.
- Snow camping is not a fashion contest; bring sensible clothing.
- Eat a lot of food often, drink lots of liquids and remain active.
- Empty your bladder before bed.
- Put the next day's clothing in your sleeping bag with you.
- Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.
- Warm up socks and boot insoles by keeping them in the sleeping bag next to you.

Winter Camping Tips

Always bring several extra pairs of gloves/mittens.

Generally, two pairs of socks are best: a thin liner sock of a wickable material such as polypropylene and a thicker outer sock of wool or a wool blend. Socks should fit snugly. If too tight, they may restrict circulation. If too loose, they can slip or bunch up, creating pressure spots leading to blisters. An extra-thick sock will not keep your feet warm if it makes your boots too tight and restricts circulation. Tightening your boot laces too tightly will constrict the blood flow as well. Take extra socks.

Gaiters keep snow from getting into your boots and keep your socks and pants free from snow. They even add a bit of warmth.

Layering

Layering clothing is the best way to adapt to a varied range of environmental conditions. If you're too cold, too hot,



- Place the cold/frostbitten appendages against warm skin, such as your feet against a friend's stomach or armpits, or your fingers in your own armpits.
- Use warm water on the afflicted area.
- Do not use fire to thaw area — speedy relief can increase the injury.
- Do not rub, because the abrasive action could damage tissue more.
- Evacuate to a medical facility.



- Be aware of your body signals.
- Stay warm and dry.
- don't have to reach a summit; your health and well-being are more important.

or too wet, it's hard to enjoy the outdoors. Wearing layers allows you to maintain an optimum micro-climate for your body during physical activity and rest. You can anticipate changes and fine-tune your personal micro-climate by shedding layers before you get too hot or by adding layers before you start cooling down.

The **Base Layer** transports moisture away from the skin and disperses it to the next layer where it can evaporate. This is called wicking. Synthetics such as polypropylene and polyester are the most popular materials for inner layer clothing.

The **Mid Layer** provides additional insulation and continues the transport of moisture towards the outer surface of your clothing. Fleece or wool work well for this layer.

The **Outer Layer** or shell, protects your micro-climate from the elements. It should also allow air to circulate and excess moisture to escape. Waterproof/breathable and windproof garments work well for this layer.



Winter Camping Health Concerns

Hypothermia is a decrease in the core body temperature to a level at which normal muscular and cerebral functions are impaired due to exposure to the cold conditions. It can be life threatening. A person can become hypothermic without even noticing it.

Symptoms:

- Shivering
- Slurred speech
- Non-communication
- Lethargy

Prevention:

- Stay warm
- Stay dry
- Stay hydrated
- Eat well

Remedies:

- Put on dry clothing.
- Eat and drink warm foods and fluids.
- Put the person in a sleeping bag pre-warmed by another person—a hypothermic person doesn't have enough heat to

- Put warm water in bottles and place the water bottles in the sleeping bag with the person.
 - Use another person to warm the hypothermic person.
 - In severe cases, careful evacuation to a medical facility is required.
- Frostbite** occurs in cold-weather conditions. Frostbite is freezing of the tissues usually on the fingers, toes, nose or face. It is a result of heat being lost faster than the blood can circulate. In severe cases, appendages may have to be amputated.
- Tip:** Use chemical heat packs to help stay warm and to avoid getting frostbite.

Symptoms:

- Numbness to an area.
- Loss of sensitivity to touch.
- Tingling that feels like burning.
- Shivering.
- Skin appears red and then white-to-purple.

Prevention:

- Don't put yourself in that position. You

