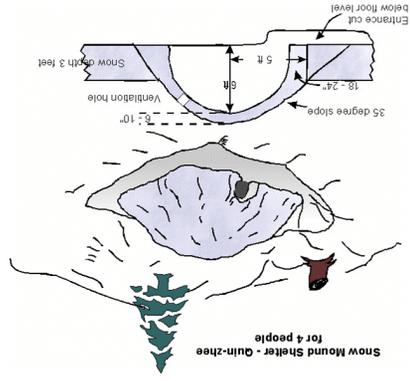


Snow Trench



Quinzhee

An igloo can be constructed by packing snow into hard rectangular blocks.

A snow cave can be dug into a hillside. Dig the entrance up so that the door is below sitting level. Make a few ventilation holes in your snow cave.

Snow Shelters

Tenting on Snow

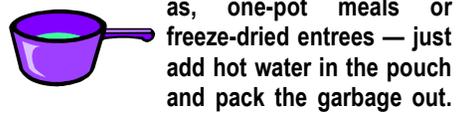
- Select a tent site that is sheltered from the wind. Hanging a tarp between trees can help block the wind if needed.
- Dig a hole 1-2' deep in which to set up your tent. Pack down the snow where you want to set up your tent before you set it up. Use snowshoes to compress the remaining snow.
- Regular tent pegs won't work in snow; use snow stakes or bury the guy lines in the snow by stepping on them which will compact the snow and anchor the lines.
- Vent your tent as much as possible at night to reduce condensation on the inside of the tent walls.
- Spread a space blanket at the bottom of the tent to ensure heat rises into the tent and is less likely to go below the tent.
- A smaller tent is better as the less empty air space you have, the warmer you will be.
- Ensure the tent roof has a structure that is favourable to shed snow; you don't want the tent to collapse under the weight of the snow.

Food and Water

- Stay hydrated. It's easy to get dehydrated in the winter. You aren't visibly sweating, so you don't think to drink water, but since the air is so dry, you lose a LOT of water through breathing. Drink lots of water! Even cold water will help warm you up. Your body operates more efficiently when it's well hydrated.
- To test if you're getting enough water, check your urine. It should be clear, not yellow. If it's yellow, you know you need to drink more!
- Carry your water bottle inside your parka to keep it from freezing.
- Water freezes from the top down, so placing your bottle upside down will keep the mouth from freezing solid for as long as possible.
- Storing your food in a cooler will keep it from freezing.



- If you're snowshoeing, you are using a lot of energy. Be sure to eat before, during and after your activity to keep your energy up.
- During your activity, eat some energy foods, performance beverages and snacks. To stay warmer, don't stop for long lunches where you cool down and then need to put on more layers. Instead, take short breaks to snack on food, or simply nibble while you're moving.
- For meals, consider food that does not take much cook time or clean up, such



- as, one-pot meals or freeze-dried entrees — just add hot water in the pouch and pack the garbage out.
- No dirty dishes!
- Avoid alcohol and caffeine. Alcohol increases blood flow and cools your core temperature; caffeine restricts blood flow and cools your extremities.

Snow Camping Sleeping System

- A sleeping pad is the foundation of your sleeping system.
- Your body weight compresses a sleeping bag's insulation when you lie on it, so you need a reliable buffer between your bag and the cold ground.
- You need a full-length sleeping pad beneath your bag when sleeping on snow. Using two sleeping pads is even better. Use a closed cell (blue pad) under your regular sleeping pad for insulation.
- Be careful not to breathe into your sleeping bag, since moisture has a negative effect on the insulation.
- Sleeping bags for winter camping should be rated to temperatures below what you will likely experience if you want to be comfortable.



- Wear extra layers inside your bag; make sure to have at least one layer over your head and neck.
- Add a sleeping bag liner inside your bag to increase warmth by up to 15 degrees. Fleece or silk liners work well, or a space blanket bag.
- If you don't have a warm enough sleeping bag, place one sleeping bag inside another. If your bag is too roomy, you will have large spaces for convection currents and you will be cold. In a bag that has too much space, you may need to wear clothing layers to help fill up the space.
- Use a chemical heat warmer or hot water bottle; place it inside your sleeping bag 30 minutes before bed for a toasty entrance.
- Eat a candy bar or other high-calorie snack right before bed—or in the middle of a cold night—to fuel your body's internal heat factory.
- And think warm thoughts!