

Troop 62

- Winter Gear Review
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Remember C.O.L.D.

❑ *Staying dry is the most important way to stay warm!!*

"C" stands for Clean. Try to keep your clothes and your body as clean as possible. Dirty clothes lose their ability to insulate.

"O" means avoid Overheating. The Marines always start a "march" uncomfortably cold to avoid overheating. If you overheat, you start to sweat. That's a no-no in cold environments. If you sweat, you get wet, and then you'll get cold.

"L" stands for Loose and Layered. Wear many layers that fit loosely. Dead air space is what helps keep you warm, so loosely fitting clothes will trap more dead air. You can add more layers if you're cold, and you can take layers off if you begin overheating. Wearing many loosely fitting layers allows you to fine-tune your temperature as needed to stay comfortable.

"D" stands for staying Dry at all costs. If you get wet then you will be cold as soon as you stop moving around. Wear clothes that dry quickly like fleece, polypropylene, and wool. Wear Waterproof / Breathable shells to keep snow and rain out while allowing perspiration to leave.

Layering

❖ GENERAL RULE, is to be sure that all of your clothes are loose fitting. If the clothing is tight, the outside cold will be able to seep through as the inside heat leaks out at those points, and you will not keep warm. Remember that the layer system will only work when the clothing is loose enough to trap air between the layers.

❑ Base Layer: Basically this is your underwear and t-shirt that are next to your skin. These should be wool or synthetics if possible since they pull sweat away from your skin and allow it to evaporate. They much quicker that Cotton or other materials.

❑ Middle Layer: This is your insulating layer that also helps to remove sweat away from your body. Though its primary job is to keep you WARM!

❑ Outer Layer: Also known as a shell which is your waterproof, windproof and breathable layer. Think of it as your protection from the elements.

➤ **Tip:** If you take a break, put on a layer so you don't cool off too much. Your body will have to work harder to warm up again.

Boots

❑ Boots: Depending on your activity along with snow and weather conditions it is possible to get by with traditional hiking boots, though a Winter Boot would be more appropriate.

➤ **Tip:** This does not mean TENNIS SHOES, not FLATS, not DRESS SHOES, a Winter/Hiking boots! So be PREPARED!

Though when walking, working or just having fun in the snow it is best to have boots that are waterproof and insulated!

The short of it is you need to keep your feet dry and warm otherwise being out in the cold and snow will not be that much fun.

These type of boots are called Winter Boots or sometimes known as Mountaineering Boots.

➤ **Tip:** Warm up socks and boot insoles by keeping them in the sleeping bag next to you.

Key Winter Items

❑ Hats: you lose a significant amount of body heat through the top of your head.

➤ **Tip:** Follow the old mountaineering adage: "If your feet are cold, put on a hat."

❑ Socks: Your feet need a thin, snug layer next to them and a second layer over that. They should not be so tight they cut and reduce blood circulation, this can cause them to be cold also. Both should be wool and or synthetic wicking materials. Plan on 2 changes per day.

❑ Gloves & Mittens: These are a must have that will keep your hands warm and dry, take EXTRA pairs!

➤ **Tip:** Mittens are warmer than gloves, as they allow your fingers to touch each other and share body heat.

❑ Goggles or Sunglasses: It is extremely important to protect your eyes from the sun and wind. Though the sun may not be shining brightly, what light is available will reflect back off the snow and can cause sun burns and eye damage.

❑ Gaiters: This will keep snow and rain out of your boots and help keep your feet drier and warmer. They can also provide another layer around your lower legs to help keep them warm.

Winter Camping Tips

- **Tip:** Follow the old mountaineering adage: "If your feet are cold, put on a hat."
- **Tip:** When you take off your gloves or mittens, put them inside your coat next to your body, rather than down on the snow. It will help keep them warm and from getting lost!
- **Tip:** Keep flashlight batteries inside a pocket. What may seem like dead batteries could be just cold batteries.
- **Tip:** Black is the best color for winter clothing because it absorbs solar radiation, keeping you warmer and enabling the material to dry quickly.
- **Tip:** Be careful around an open fire. Winter clothes and boots which provide good insulation from the cold, will also stop you from feeling the heat until the boots, mittens etc. are burning or melted.
- **Tip:** If your feet are cold, don't put on extra socks if your boots are already snug. Constricted toes are colder than those with room to wiggle.
- **Tip:** Avoid metal cups (except for double-wall thermal), metal whistles etc. which will adhere to warm mouth tissue when cooled to winter's subzero temperatures.
- **Tip:** Everything takes longer and moves slower in cold and snow. Equipment is more bulky and heavy. The days are shorter and much of your camp activities will take place in the dark. Patience is not simply a virtue at this point, it is fundamental.

Top Ten Camping Essentials

Navigation	Repair kit and tools
Sun Protection	Nutrition (FOOD)
Insulation (Extra CLOTHES)	Hydration (WATER)
First Aid Supplies	Emergency Shelter
Fire	Have FUN!

Sample of Winter Klondike Equipment

SIMPLE EQUIPMENT LIST FOR YOUR FIRST WINTER TENT CAMPOUT

- _____ **BACKPACK** (and/or large Sports Equipment Bag, and/or Duffel Bag). Line it with a Lawn Bag first, to keep contents dry.
- _____ **WARM JACKET & SCARF.**
- _____ **SNOW PANTS** (available at thrift stores for \$3-\$5).
- _____ **2 EXTRA PAIRS OF PANTS**
- _____ **2 WOOL SWEATERS, or POLAR FLEECE SWEATSHIRTS** (about \$3 at Thrift Stores).
- _____ **2 LONG SLEEVE SHIRTS** (Wool or synthetic fiber for good insulating quality & quick drying - \$3 at thrift stores).
- _____ **2 SETS of LONG UNDERWEAR** (if buying new, look for 100% synthetic fabric, NOT "waffle pattern" cotton blend).
- _____ **2 extra sets of UNDERWEAR**
- _____ **2 extra pair HEAVY NON-COTTON HIKING SOCKS & Liners** (Make sure your boots are NOT TIGHT!).
- _____ **STURDY, INSULATED WINTER BOOTS** (Rubber is much better than leather. Leather will freeze at night).
- _____ **PLASTIC BAGS** (newspaper or bread wrappers, or plastic grocery bags to go under socks in case of wet leather boots).
- _____ **WINTER GLOVES or MITTENS** (As many as you own and can borrow!)
- _____ **2 WARM HATS** (One for Sleeping ONLY-Sleeping hat should be designed to stay on at night).
- _____ **WINTER SLEEPING BAG** (or 2 regular Sleeping Bags stuffed one inside the other; or a regular Bag AND 2-3 Blankets)
- _____ **ADDITIONAL SWEAT PANTS & SWEAT SHIRT** (for sleeping only! Change ALL of your clothes, including your long underwear, inside your sleeping bag when you go to bed).
- _____ **TWO (2) CLOSED-CELL FOAM SLEEPING PADS** (or about 2-3" of newspapers under your sleeping bag).
- _____ **"BLUE" 5'X7' TARP** or other Plastic Ground Sheet.
- _____ **GOOD QUALITY WHISTLE** on neck chain.
- _____ **POCKETKNIFE** (SMALL Swiss Army Knife on neck chain, \$13. Never buy a knife made in China!)
- _____ **MESS-KIT (BOWL, CUP, FORK, SPOON, PLATE** -- heavy-duty plastic is warmer than metal).
- _____ **2 ONE-QUART WATER BOTTLES**, filled ("Nalgene" Bottles can be filled with hot water for inside sleeping bag).
- _____ **FLASHLIGHT & EXTRA BATTERIES.**
- _____ **SMALL FIRST AID KIT** (You can make your own: BSA Handbook, Page 289).
- _____ **PEN, PENCIL, SMALL NOTEBOOK, BSA HANDBOOK** (No, you can't borrow ours).
- _____ **COMPASS with a BASEPLATE**, in a Zip-Lock bag (with map, if you have one).
- _____ **MATCHES** in a Zip-Lock bag.
- _____ **CLEAN-UP KIT** (Small Hand Soap, Small Toothpaste, Toothbrush, Comb, Floss, Fast-Drying Camp Towel).
- _____ **TOILET PAPER** (Half a roll in a Zip-Lock bag).
- _____ **SLIPPERS** or MOCCASINS (To wear inside cabin)

Reference Sites

<http://www.rei.com/expertadvice/articles/winter+camping.html>

has clothes & gear advice

<http://www.rei.com/expertadvice/articles/winter+snow+camping+checklist.html>

good winter camping checklist

<http://www.rei.com/expertadvice/articles/wool+clothing.html>

explains wool clothing if you want to pitch it

<http://www.rei.com/expertadvice/articles/dress+layers.html>

layer clothing for warmth & adaptability

<http://www.rei.com/expertadvice/articles/insulated+outerwear.html>

types of outerwear