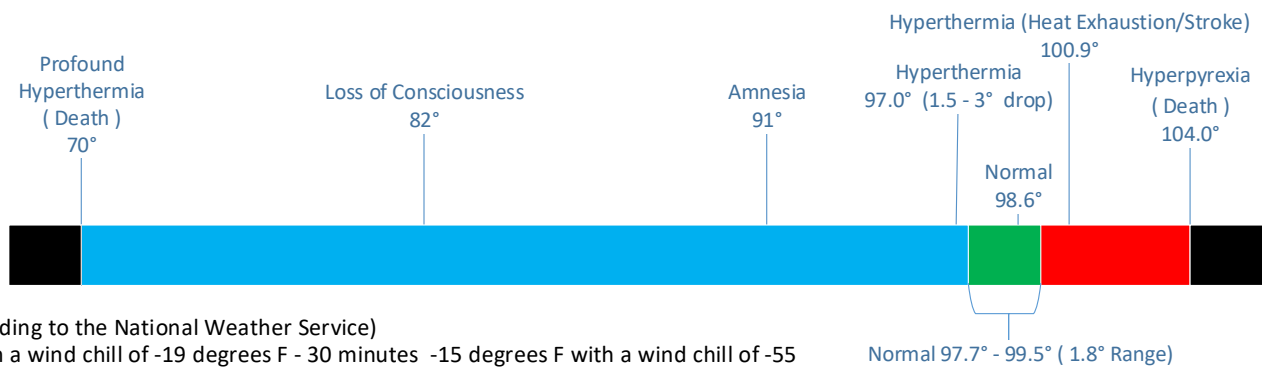


People are not **stupid**; they are **superheroes!** Hypothermia **can't** happen to ME!



- 1) Keep Clothing **CLEAN**. Dirt and grease clog the air spaces in clothing and reduce the insulation value
- 2) Avoid **OVERHEATING**. Don't get too hot, ventilate. Be a little cool rather than run the risk of sweating.
- 3) Wear it **LOOSE** and in **LAYERS**. Several thin, loose fitting layers allows your blood to circulate freely and trap warm air
- 4) Keep clothing **DRY**. Keep your clothing dry from the outside (rain/snow) as well as from the inside (sweat)
Stay dry; thermal conductivity of water (wet clothes) is 30 times greater than still air (dry insulating clothes)

Clothing: **COTTON IS EVIL!** - Use wool, synthetic. Cotton is hydrophilic (water loving!)

Scouts MUST PACK THEIR OWN GEAR!!!!

INNER LAYER- WICKING: Thermal Underwear • Wool, polypropylene, polyethylene, silk

MIDDLE LAYER(S) –INSULATION: Wool, synthetics such as fleece

OUTER LAYER- WEATHER/ WIND: breathable vents (pits/back vent)

Coat/ Jacket/ Windbreaker / Water resistant (Nylon shell, Gortex) Rain suit w/ hood • Breathable Gear

Pants • Insulated if possible/snow pants • Water repellant • Use suspenders • NEVER cotton blue jeans

Boots with liners are best • Snow Boots • No tennis shoes

Socks • Wool or synthetics • Liner socks • Bring extras • No cotton • Hand warmers in boots

Hats • Wool or synthetic ski caps

Face & neck mask • Balaclavas -stops drafts

Gloves & mittens • Bring extras • mittens keep warmer • hand warmers

AVOID GETTING COLD IN THE FIRST PLACE; stay out of the snow (NO snow fights/angles); stay dry; keep bundled up!

Stay away from **campfires** for quick-warmups – opens the pores, cools you off

Stay away from **pots of boiling water** – fills your clothes with water vapor

Tenting: Clear snow, Open Vents, Full storm lines, Set up tent against wind break (use tree line or lean-to); **NO FLAME!**

Sleeping: use **MUMMY** bag rated 20 degrees colder than outside temps, sleeping liners, two bags (**don't crush fluff!**)

Sleeping pad is a must: Insulation not comfort. Use closed cell pad, blankets or another bag opened up. NO COTS!

Empty bladder before tenting (you don't want to get up)... Or...another Nalgene

How to sleep:

Have hot sugary liquids before bed (did someone say cocoa!); **Where does the heat come from??**

Strip to skin: put on clean dry clothes, get into bag; draw strings around mummy to just expose face

WEAR HAT! Wear gloves (dry only) or clean dry socks on hands while you sleep

TIP: Fill trusted Nalgene with HOT water; seal tightly; toss into sleeping bag

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