



COLD WINTER CAMPING

Winter Camp - Cold Talk

four tips

Link it with a Badge

This activity can be linked to different badges For example...

- Voyageur/ Pathfinder - Outdoor Skills
- Winter Scouting



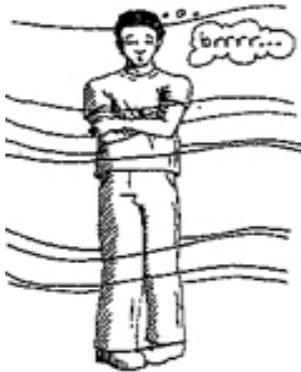
COLD

Planning a safe and fun winter camp:

1. **Be Prepared.** Make sure you check the weather report so you can plan accordingly. Final checks on all your equipment, you don't want to get to camp and realize you forgot your sleeping bag!
2. **Bring Extra.** A bag of extra clothes, gloves, socks, toques and a sleeping bag are a welcome supply when your youth run out. Extra food is always a plus
3. **Stay Hydrated.** Its going to be cold and dry. You'll lose more moisture through your skin so make sure you and your youth are always drinking water to combat dehydration
4. **Hot Eats.** All meals at winter camp should be hot or have a cooked component. Nobody wants to eat only sandwiches in the snow

There are 4 basic principles to follow to keep warm. An easy way to remember is using the acronym **COLD**.

- **C - CLEAN-** dirty clothes lose their loft and makes you cold
- **O - OVERHEAT-** never get sweaty, strip off layers to stay warm but not too hot.
- **L - LAYERS-** Dress in layers (explained below) for easy temperature control.
- **D - DRY-** Wet clothes (and sleeping bags) also lose their insulations.



Convection heat loss occurs when air or water in contact with our skin (known as the boundary layer) is warmed, then moves away and is replaced by cool air. In perfectly still air or water heat loss is insignificant, but as soon as movement is introduced, loss is significant—in air this is called “wind chill.” The simplest remedy is to wear wind-proof clothes.

Conduction heat loss results when substances in direct contact with the body transfer heat energy away. When you sit on highly conductive surfaces like rock, ice, or metal, they conduct heat away from the body until—given enough time—the temperatures equalize. Cold water and wet clothing have the same effect.



Evaporation heat loss occurs when water on the skin changes from a liquid to a gas. This process consumes about 580 calories of heat per gram of water, which explains why sweating is such an effective means of cooling...and why it's so hard to stay warm when you are wet.



Radiation is direct emission or absorption of heat energy. The human body, being warm, continuously radiates heat to nearby solid objects that have a cooler temperature. The body can also gain large amounts of heat through radiation, by absorbing heat from the sun or a fire.

HOW TO SLEEP WARM

1. GO TO BED WARM

Do a few jumping jacks, push ups – just enough to warm yourself up but before you start sweating. If you get in a sleeping bag when you are cold you'll likely stay cold.

2. FUEL UP

If it's going to be a very cold night consider a pre-bedtime snack that will keep the furnace burning. Slow burning fatty snacks are better than refined sugars or caffeine.



3. WATER

You need to be well hydrated to stay warm.



How much water to drink within the hour or two before you go to sleep is determined by how fast you process it. If you need to get up early drinking a lot of water before bedding down will serve as a natural alarm clock – it can be tricky to get the timing right. If nature calls in the middle of the night get up and go! Holding it in makes you colder.

4. CLOTHING

Change as much of your clothing as possible. The clothes you wore all day will be a bit damp and cold. If you wear them to bed you'll have to warm your cold damp clothes up before you get warm.



5. HOT WATER BOTTLES

Consider filling your water bottles with hot water, wrapping them with some spare clothing and warming up your sleeping bag before you get in it.

6. WEAR A HAT

We lose heat from our heads. It's not an old wife's tale; wear a hat to keep your feet warm.



7. KEEP YOUR NOSE AND MOUTH OUTSIDE

Don't put your nose and mouth into your sleeping bag. Moisture from breathing will make the bag and your clothing damp. A well-designed mummy style sleeping bag will allow you to close the bag so only your nose and mouth are exposed.

8. KEEP OFF THE GROUND

Sleeping warm means insulating your self from the ground. A good insulating pad is important.

9. SLEEPING BAG SOCKS

If you get cold feet try keeping a dedicated pair of thick, loose fleece or wool socks worn only in the sleeping bag.



10. SHAKE UP YOUR BAG

Whatever type of insulation is in your sleeping bag it will be compressed from packing. Do a good job of shaking and re-distributing the insulation before you get in the bag.



How to Dress in Layers 101



Enjoying the weekend to the fullest extent requires knowing how to dress and keeping yourself warm. With the right clothes, the scout's enjoyment of the three days can become comfortable and safe. But, unprepared, that same camp might leave them recalling a shivering, wicked- cold misery camp (or worse). This section is designed to share advice on knowing how to stay warm in the winter, with the help of the **layering system**.



Base Layer

A base layer is the layer **closest to your skin**, meaning it collects the most sweat. The purpose of this layer is to keep you dry by pulling moisture away from your skin and spreading it throughout the fabric. At the same time this fabric should fit snugly and **retain some insulating** properties. **Never wear cotton** as a base layer. Two types of base layers **Synthetic** and **Wool**

Synthetic

- efficient at moisture transport
- Dries rapidly
- Retains their shape
- Can trap unpleasant odor

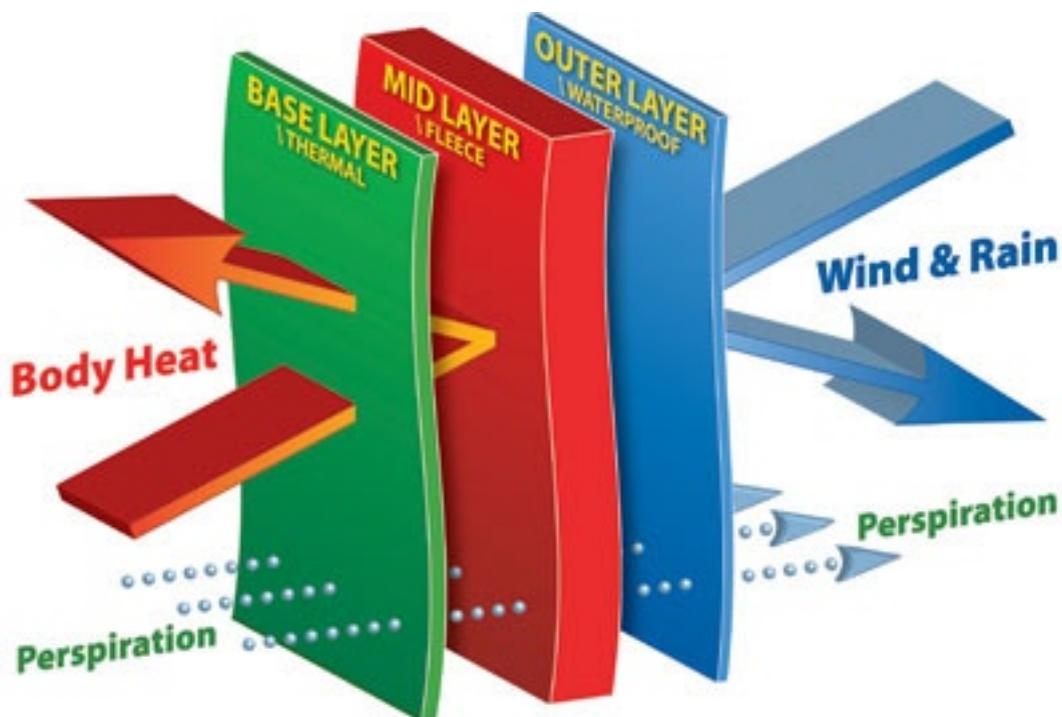


Wool

- Holds moisture,
- insulates even when damp.
- May become heavy when wet.
- inexpensive

Mid Layer

The purpose of the mid-layer is to **capture warmth** through trapped air. Typically a mid-layer is a **fleece** or a **thick wool** layer. A mid-layer usually has some loft to it to help trap the warm air, but is also **breathable** so it is **not suffocating** and **sweat-causing** underneath a shell or outer layer.



Insulating Layer

For an insulated layer, pick something relatively **lightweight**, and it can be either **down** or **synthetic insulation**. It should be able to fit over your fleece layer and under your shell layer. While we generally prefer a light down sweater style jacket with a hood, in winter conditions where your jacket may get wet, a synthetic insulated jacket is wise. **Synthetics** weigh a bit more and are more bulky than down alternatives, but they **retain their insulating properties when wet**. If we're in the back country on a multi-day ski trip, the additional weight and bulk of synthetic is well worth it.



VS





Outer Shell

A protective hard shell layer is where it's at. If you are playing in snow, whether it is shredding, back country skiing, or snowshoeing, you are bound to get wet, which is something you don't want. A **Gore-Tex** or **Event** jacket will keep you dry while still providing some level of **breathability**.

Want to know more...

Winter Camping is brought to you by Scout Group Support, for questions or feedback about this week's article please email us at scoutgroupsupport@pccrovers.com



We have found a good **youtube** video giving a summary of the layering system. This may give you a better overview of Layering System.

http://youtu.be/w7A0-sOX_A8

The Layering System - GO Outdoors

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for Winter Cooking

Ommelet in a Bag

1. Precook at home - Food takes much longer to heat up and cook at camp.
2. Extra Fuel- The Cold weather makes fuel less efficient at camp. Especially Propane and Butane, consider switching to white gas stoves for better efficiency
3. Cover it with tin foil- Cover your pots and pans with tin foil to make cleaning easier at camp
4. Water Bag Cooking- Cook your meals in Ziplock bags. This method minimizes cooking time and cleaning time, at the end of it you have boiled water for your hot chocolate as well.
5. Nothing Messy- Dont cook anything messy at camp. This means no cream sauce, no pancakes as they just solidifies and becomes goop.



Ingredients:

- | | |
|----------------------|-----------------------------------|
| 2 eggs | 1/2 cup shredded cheddar cheese |
| 2 slice ham, Chopped | 2 fresh musrooms, salt and peper. |

Directions

1. Crack the eggs into a large resealable freezer bag. Press out most of the air, and seal. Shake or squeeze to beat the eggs. Open the bag, and add the ham, cheese, onion, green pepper, tomato, salsa, and mushrooms. Squeeze out as much of the air as you can, and seal the bag.
2. Bring a large pot of water to a boil. Place up to 8 bags at a time into the boiling water. Cook for exactly 13 minutes. Open the bag, and let the omelet roll out onto a plate. The omelet should roll out easily.