

Winter Camping

Matianuck District Roundtable

Connecticut Rivers Council

October 2017

Camp All Year Long!

- Boy Scout Handbook
- Fieldbook
- Camping MB
- Okpik
- *Mountaineering: The Freedom of the Hills*

Winter Clothing

C – Clean (dirt, grime, dried sweat mat down air spaces)

O – Overheating (adjust layers)

L – Loose Layers (better than thick clothing)

D – Dry (avoid dampness, no cotton, brush off snow before it melts)

Bring extra! (and extra shoes/boots)

Cold-Weather Clothing Checklist for Outdoor Adventures

- ☐ Long-sleeved shirt
- ☐ Warm shirt*
- ☐ Long pants*
- ☐ Sweater*
- ☐ Long underwear*
- ☐ Hiking boots or sturdy shoes
- ☐ Extra socks
- ☐ Insulated parka or coat with hood
- ☐ Warm hat*
- ☐ Gloves*
- ☐ Rain gear
- ☐ Extra underwear (for longer trips)

*These items should be made of wool or a warm synthetic fabric. Avoid cotton clothing when the weather might be cool, cold, or wet.

True or False? (3rd ed. Fieldbook, 1984)

- *Leather hiking boots will keep your feet warm*
- *An open fire is the best way to keep warm*
- *In cold weather, tasks can be done just as quickly as in warm weather*
- *Waterproof clothing is ideal for cold weather camping*
- *Sugary and starchy foods provide sufficient cold weather energy*
- FALSE! Often too snug, especially with thicker socks
- FALSE! Wear good insulating clothing. Eat energy rich foods, lots of water
- FALSE!
- FALSE! Body moisture must be able to escape
- FALSE! They burn too quickly. Want high fat, complex carbs, protein that burn more slowly

Tips & Tricks

- Keep lighter in your pocket (close to body)
- Wide mouth water bottles
- Store water bottles upside down near body
- Brush off snow

Shelter

- Tuck groundcloth under tent
- Deadman anchor for guylines
- Tarps work fine
- Hammocks?

Boots

- Plastic newspaper bags
- Tie them
- Gaiters

Cold-Weather Camping Expertise

Every time you camp out in the winter, you'll figure out a few more ways to make your cold-weather adventures more rewarding. Here are a few hints from the experts:



Carry waterproof matches (in a plastic container), flashlights, and extra batteries in the inside pockets of your clothing, where body heat can help improve their performance.



Fill an unbreakable vacuum bottle each morning with hot drinks or soup to be enjoyed later in the day. Fill it before going to bed, too, so that you'll have something hot to drink when you wake up the next day.



The lids on widemouthed water bottles won't freeze up as quickly as can those on smallmouthed ones. The larger caps also are easier to manage when you are wearing mittens. Insulate a water bottle with a piece of closed-cell foam sleeping pad sized to encircle the bottle and duct-taped in place.



Choose an insulated mug that will retain the heat of soup and drinks, but won't burn your lips.



A 12-by-12-inch piece of 1/4- or 1/2-inch plywood will insulate your stove from surface cold and prevent a lit stove from melting into the snow. A wind-screen designed specifically for your stove will concentrate heat. Cover pots with lids to speed up cooking.



Pack along a small whisk broom to sweep snow off your clothing and out of your tent.

Sleeping Warm

- Double bag
- Change into dry clothes
- Turtleneck
- Cap or balaclava
- Gloves
- Dry socks!

- Water bottle inside sleeping bag... inside Ziploc!
- Boots (or liners) inside sleeping bag?

Double Bagging

Baseline temp	65°		
			Combined
	<u>Bag 1</u>	<u>Bag 2</u>	<u>Rating</u>
Sleeping Bag Ratings	25°	35°	
<u>Method 1</u>			
Heat Loss Savings	40°	30°	-10°
Cheat Factor			10°
Net Combined Rating			0°
	Colder	Warmer	Combined
<u>Method 2</u>	<u>Rated Bag</u>	<u>Bag Delta</u>	<u>Rating</u>
	25°	30°	-5°
Cheat Factor			10°
Net Combined Rating			5°

Don't compress the loft

- Roomier bag on the outside
- Warmer bag on outside
- Add 10° to be safe
- Blanket
- Jacket on top of bag



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