

# Winter Camping & Survival

## **Avoid Hypothermia**

- Body temp of 95°F or less Keep Dry
- Keep Warm, stay away from the wind - Avoid Overheating
- Wind Chill factor
- COLD: Keep Clean, Avoid Overheating, Wear Layers, Stay Dry

## **Dehydration**

- Water loss due to perspiration, wind, cold air Drink hot drinks or water.
- Avoid cold water, why?
- Psychology of Survival - Stay calm
- Assess the situation

## **Shelters**

- Tents. Proper insulation is needed
- Snow Caves
- Quinzee
- Snow Pit
- Igloo
- Shelter Placement. Avoid Avalanches

## **Clothing**

- Layered Clothing. Several light layers instead of a heavy one
- Wool, Silk or Synthetics only. Cotton Kills
- Loose Clothing
- Protect your extremities
- Sleeping Bags. Use liners to lower temp rating

## **Survival Kits**

- 10 Essentials modified for Winter Camping
- Windproof matches, Fire Starter, Map, Compass, Flashlight w/extra batteries and bulb, Food, Extra Clothing, Sunglasses, First Aid Kit, Knife
- Space Blanket, Nylon Rope, Lightweight waterproof Poncho, Portable Shovel, Metal cup

## **Signaling**

- Mirrors
- Dyes and Jello Smoke

## **Fire**

- Fire Starter: Magnesium, Paste
- Orienteering
- How not to get lost
- Most people get lost within 1 mile of their car. How to find your way out if lost. Stay put!

## **Food Intake**

- Higher Caloric count in the winter. Forget about dieting
- Depending on activities from 2500 to 4500 calories a day
- 40% Fat, 40% Carbohydrates, 20% Protein