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Winter Camping with Troop 22



2T2 Why Camp in the Winter?

- * Experience different camping conditions
- * Exercise different camping skills
- * Build confidence in outdoor skills

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Staying Warm while Winter Camping



- * Dress in layers
- * Keep your head covered
- * Stay dry
- * Sleep well
- * Fuel the furnace

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Dress In Layers -- Why



- * Goal is to warm the air around you
- * Loose layers allow retention of warm air
- * Layers allow heat management
- * Layers allow shedding of wet layers

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Dress In Layers -- How



* Three layers on core

◇ Base layer

◇ Insulating layer

◇ Outer layer

* Two layers on legs & feet

◇ Base layer

◇ Outer layer

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Keep Your Head Covered



- * Half of body heat is lost through the head
- * If your hands are cold, put on a hat
- * Baseball cap doesn't count

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Staying Dry



- * Protecting from external sources of moisture
- * Protecting from internal sources of moisture

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Protecting From External Sources Of Moisture



- * Waterproof vs. Water-resistant
- * Boots
- * Coats & Pants
- * Scarves
- * Gloves

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Protecting From Internal Sources of Moisture



- * Perspiration
- * Moisture-wicking clothing
- * Material that holds heat when wet
- * Designed to vent, dry
- * Fresh sets of clothes

2T2 Moisture-Wicking Clothing



* Alternatives

- ◇ Polyester, Nylon, Acrylic
- ◇ Polypropylene, Capilene
- ◇ Performance materials
 - CoolMax, ThermMax
 - EC2
 - SmartWool

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Materials That Hold Heat When Wet



- * Wool Good, Cotton Bad
- * Wool vs. Polyester Fleece

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Wool vs. Fleece



* Wool:

- ✘ Heavier & bulkier
- ✓ Works when wet
- ◇ Variety of blends

* Fleece

- ✓ Packs smaller, lighter
- ✘ Less effective when wet
- ✓ Dries faster

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Sleep Well



- * Good bag
- * Good ground insulation
- * Good bed clothes

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Good Bag



- * Mummy bag
- * Hood
- * Draft collar
- * Draft tube
- * Insulation



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Ground Insulation



* Mattress Pad

◇ Air

Good:

- ✓ Cheap
- ✓ Comfortable

Bad:

- ✗ Lots of puffing
- ✗ Heavy
- ✗ More air than the body can warm

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Ground Insulation



* Mattress Pad

✧ Closed cell foam

Good:

- ✓ Cheap
- ✓ Lightweight
- ✓ Tough, can't puncture

Bad:

- ✗ Less comfortable on bumpy ground
- ✗ Little air for insulation
- ✗ Bulky

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Ground Insulation



* Mattress Pad

✧ Self-inflating

Good:

- ✓ Best of foam & air
- ✓ Comfortable on bumpy ground
- ✓ Good insulation

Bad:

- ✗ Expensive
- ✗ Heavy, bulky

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Good Bed Clothes



- * Fresh clothes
- * Wicking
- * Hat

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Where To Find It



* Locally

- ✧ Newman Outfitters
- ✧ Dick's
- ✧ Galco
- ✧ Thrift stores (for wool pants, sweaters)
- ✧ Gander Mountain (in Twinsburg)

* Mail Order, Internet

- ✧ www.Campmor.com
- ✧ www.SierraTradingPost.com

* Troop Store

- ✧ sleeping bags, mattress pads

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Fuel The Furnace



✧ That's our job