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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](http://www.Campmor.com)
- ✧ [www.SierraTradingPost.com](http://www.SierraTradingPost.com)

### \* Troop Store

- ✧ sleeping bags, mattress pads

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# Fuel The Furnace



✧ That's our job