

Cold Weather Strategies

Dressing for Comfort

Dress in layers: underwear, long underwear, thin socks, thick socks,

-clothing should be loose not tight fitting, and comfortable (allow full movement of the joints (hip, knees, shoulders, elbows, fingers etc),

-layers allow for adjusting (by adding or removing clothes) to temperature and activity level so that you don't sweat, get too warm or too cold but are comfortable

-outer layers should allow for ventilation-front can be opened fully by zipper, snaps or buttons

-outer layer-can be windproof or wind and waterproof (raincoat can do both but may also cause condensation on the inside)

-flannel pjs or sweatpants can be substituted for long underwear

-head cover: Scouts must bring a toque, a ballcap is not enough,

-hoods are a desirable feature for jackets

-mittens are warmer than gloves, but thin gloves are easier to work with for cooking, rope work etc.

-a neck warmer or turtleneck keeps neck warm

-slippers are a good for indoors when the ground is messy and footwear will be removed at the cabin door.

Sleeping system: heated cabin: summer sleeping bag should be enough, consider adding a liner of fleece or flannel sheet or use campfire blanket

-to sleep outdoors in winter or late fall:

- options:
1. two summer sleeping bags together
 2. summer sleeping bag plus fleece liner or blanket inside or on top
 3. winter sleeping bag (rated to -15C or more)

-sleeping pad: -avoid open cell foam, soaks up water like a sponge, bulky, easily damaged, hard to carry

-closed cell foam: lightweight, waterproof, blue or yellow, various lengths, widths, thicknesses

-what to wear: clean and dry- hat, underwear, thick socks, pyjamas or long underwear,

-place tomorrow's clothes in the bottom of your sleeping bag with you

-once all settled in, pull your sleeping bag drawstrings in to form the hood around your head

-make sure you have made a final trip to the bathroom, washed your face and hands, brushed your teeth