



COLD WEATHER CAMPING
SAFETY PREPARATION
INTRODUCTION



❖ **Winter Camping, fun skill & character builder.**

- **Safety is paramount focus**
- **Safety enforced strictly**



❖ **Success starts with planning**

- **Failing to prepare = preparing to fail**

❖ **Information included will ensure a safe happy learning experience.**



COLD WEATHER CAMPING SAFETY PREPARATION

Producer/presenter bio



❖ Warren Penrod, MSN, FNP, BC, FNP

- Mr. Penrod has a unique background in cold weather understanding and prevention. He has worked in emergency medicine in cold climates for over 30 years to include a military tour of duty at the Air Force Survival School. He has worked in cold weather search and rescue. He has lived in Alaska, Washington State and Minnesota and worked in the cold and has a thorough understanding of how to not just survive but thrive in this environment.





COLD WEATHER CAMPING SAFETY PREPARATION PACKING



❖ CLOTHING

- **5 PAIR SOCK (WOOL BEST)**
- **WATER PROOF BOOTS BEST**
- **TENNIS SHOES IN CABIN**
- **LAYERED CLOTHES**
 - **Jeans least desirable for warmth**
 - snow pant over clothes good
- **Long johns/sweats/thermals underneath always good**
- **Stocking Hat, gloves/mittens 2 pair best**
- **Loose clothes**



❖ SLEEPING GEAR

- **Any sleeping bag can be used**
- **If thinner, blankets over and under will help**



COLD WEATHER CAMPING SAFETY PREPARATION **PACKING**



❖ **CLOTHING LIST, DESIRABLE ITEMS**

- 1 per day Regular underwear 2-3
- Wool sweater
- 2 pairs Long underwear Top & bottoms
- 1 Warm stocking / ski cap
- 1 per day quick drying pants besides those worn (Nylon / Fleece / Polyester)
- 1 pair Waterproof gloves
- 1-2 Long-sleeved shirts
- 5 pair (wool best) Socks
- 1 Heavy jacket or parka with hood
- 1 pair Water proof boots best
- 1 pair camp shoes (sturdy tennis shoes)
- 1 pair Sunglasses desirable



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❖ **OTHER ITEMS**

- Normal camping pack gear
- Don't forget water bottle
- Toiletry kit



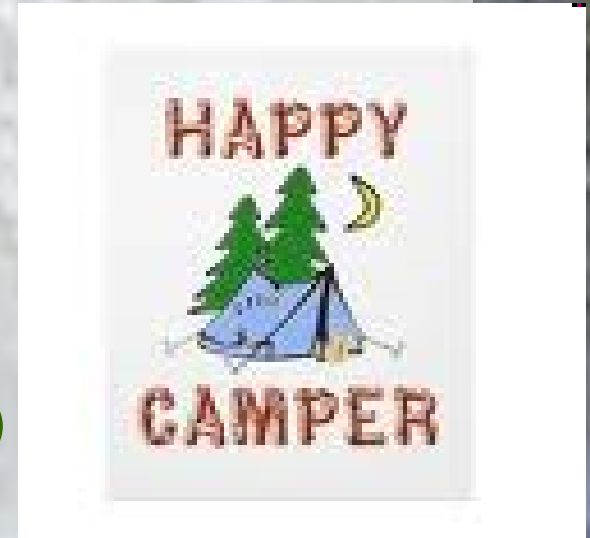
❖ If planning on attempting cold sleep out, from cabin, must have approp gear which will be carefully checked for clearance.



COLD WEATHER CAMPING SAFETY PREPARATION SIMPLE TIPS



- ❖ **Time**
 - Winter requires more time
 - Hurry = Injury
 - Shorter periods of cold exposure
 - Greater energy expenditure
- ❖ **Dress for Success**
 - Layer clothes
 - Don't get hot (strip items as warmer)
- ❖ Cold kills batteries, start with fresh
- ❖ **Buddy system paramount**
 - Check each other for cold risk
 - No one goes alone!
- ❖ **Body talks:**
 - Cold fingers, numbness, fatigue = stop warm up
 - Change socks, frequent breaks, eat! & drink fluids!





COLD WEATHER CAMPING SAFETY PREPARATION SIMPLE TIPS



- ❖ **Water freezes**
 - Don't leave out at night
- ❖ **Remember C-O-L-D-R**
 - C – Clean, if soiled change
 - O – Don't overheat
 - L – Layers in clothing wear
 - D – wet items get changed right away
 - Reduced wear of cotton (jeans) holds water, dry slow
- ❖ **3 W's of layering**
 - Wicking inside
 - Warm middle (insulator)
 - Wind blocking outer (blocker)
- ❖ **Winter = dehydration**
 - Sip water all day
 - Graze carbs all day (frequent meals)
- ❖ **3 point body heat loss (head, feet, hands)**
 - Hot = loose hat then replace when needed etc.
- ❖ **Avoid exposure to wind**





COLD WEATHER CAMPING SAFETY PREPARATION Sleeping TIPS



- ❖ **Bathroom before bed**
 - Full bladder needs more energy
- ❖ **Exercise before bed**
 - Warms up body
- ❖ **Water + Food = Energy = Heat**
 - Eat and drink fluids then empty bladder
- ❖ **wear sock and stocking hat in bag**
- ❖ **Dry to bed not wet clothes (loose)**
- ❖ **Layer sleeping gear**
 - Thin bags can be put inside another
 - Blankets on top of bag
 - Never bear ground with bag
 - Fluff bag increase insulation
 - May place plastic bag over bottom of sleeping bag
 - No head in bag – breaths moisture into bag at night





COLD WEATHER CAMPING SAFETY PREPARATION

cold injuries



❖ Frost Bite

- Numb waxy appearance
- No rubbing, do not thaw in field, needs medical attention

❖ Frost Nip

- Stinging feeling redness can start with early numbness
- Extra caution in re-exposure
- May warm up and should to prevent frostbite

❖ Dehydration

- Easily preventable – leads to hypothermia and frostbite
- Sip/drink 2 quarts water/day (not coffee/soda)
- Easily preventable – leads to hypothermia and frostbite
- Sip/drink 2 quarts water/day (not coffee/soda)
- Symptoms:
 - Increased pulse, dark urine, irritability, fatigue, sleepiness
 - Loss of appetite, thirst also headache and dizziness in later stage

❖ Hypothermia

- Drowsiness, stumbling, fatigue, sleepiness
- Thick speech, irritability, poor judgment
- Notice similarity to dehydration





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