







STAY SAFE OUT THERE!
y.



WINTER 

 TIPS:

WHEN IT'S COLD
&
YOU'RE OUT IN IT!!!



TENT & SLEEPING THINGS!



If you have an extra space blanket or tarp, you can place it over the cardboard layer or use it as your first layer on the ground. Or! raise your tent up on wooden pallets if available.

Place cardboard under tent & inside on tent floor for insulation (@least 1/2 inch thick!)

*Place more cardboard or a foam pad or yoga mat where you plan to sleep in the tent.



Line the inside of your tent walls with space blankets & duct tape to keep the heat in.

*you can also duct tape 2 space blankets together to make a "space sleeping bag", or a liner for your sleeping bag.

FROST BITE

SIGNS

- Red, black color & or pain in any skin area exposed to cold, usually fingers, toes, ears, & nose.
- a white or greyish yellow skin area
- skin that feels unusually firm or waxy
- skin that tingles, burns, blisters, or is completely numb



TO TREAT:

- remove wet clothes (if dry ones are an option)
- do not rub the effected area
- slowly warm area in warm water (don't do this if you're still outside) if severe, blistering may occur after re-warming.
- protect effected area from further exposure to the cold, don't walk on frostbitten feet
- reduce pain with a pain reliever if need be.



SEEK MEDICAL CARE

if stinging, burning, swelling, blisters after re-warming, white or blue/grey skin, loss of feeling in area, skin blackens & turns hard, joints & muscles stop working, fever is hard, cold blotchy skin. Any of those, seek help!!

HYPOTHERMIA

This happens when your body temp dips below 95°. Hypothermic conditions can happen even if outside temps aren't technically freezing. Temps in the 40s +rain= hypothermic conditions!

SIGNS

- frostbite symptoms possible
- shivering
- exhaustion
- confusion
- fumbling hands
- slurred speech/memory loss
- stiff muscles
- weak pulse



TO TREAT:

- Get out of the cold ASAP!!! & drink warm liquids if possible
- Get out of wet clothes as soon as possible
- If outside, get close to another person to share body heat.
- warm the body's core & chest, neck, groin, head

SEEK MEDICAL CARE: if any of the above signs &/or the person's temp is 95° or below. If you can't check their temp, do your best to warm them up with your body heat & things available to you & seek medical support ASAP!!!



CALORIES/ENERGY



Think of calories as our own internal "logs" the we burn to keep us going. We burn through a lot of these logs when it's cold out!!

- Eat foods that are high in fat/protein if possible especially when you first wake up. (think p&j or nut-based protein).
- Eat a big dinner at night to give your body enough fuel for the night.
- Keep a snack handy in your tent to replace lost calories if you wake up cold.
- If you need to pee, get up & do it! holding it only means your body is working extra hard to keep all that fluid warm too. (You can also pee in a bottle or bucket in your tent to avoid going out in the cold)
- Decrease your alcohol & caffeine consumption if possible & do your best to stay hydrated. Alcohol may make you feel warmer, but it actually increases your heat loss & increases your risk of hypothermia.
- Drink lots of water! Dehydration happens even in cold weather! Add butter in your coffee or hot cocoa as an easy way to get extra fat/calories into your body (and it tastes pretty good too!).

RANDOM TIPS!

- If you have a fire, heat a patio brick or river rock & bring it into the tent with you. Be warned: River rocks can explode with drastic temp changes (fire to cold air), be careful if you choose to use them for heat.
- Hand sanitizer makes great fuel in a pinch & can burn in a can (like a soup or beer can) as a small stove if need be. Fold in the top lip of the can so that if it gets knocked over it is less likely to spill everywhere.
- Fill a reusable water bottle with hot water or drink at night to bring into bed with you. **Make sure lid is on tight!! Know that if you do this, there is risk of bottle spilling/cracking leaking & you wake up in a frozen puddle with hypothermia! Only use a bottle that is heat/cold tolerant (not a glass jar).** You can use a beer/drink cozy duct taped around your bottle to help liquids stay warm & not freeze/ crack open at night.

- lid on tight
- Bottle made for heat
- Insulated/cozies to help with temp changes.



Double-check your lid's on tight!

don't use glass or bottles not meant for cold/heat combos

don't make this potentially deadly mistake!

Keep face & mouth covered with a scarf/hat/hood & out of sleeping bag to avoid excess moisture from your breath getting in.

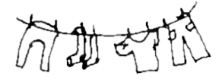
Sleep on cardboard, yoga mat or sleeping pad for insulation.



If your sleeping bag is too big, fill the extra space inside with dry clothes or newspaper.

Remove damp layers @ night & replace with dry if possible. Some damp layers can go with you in the sleeping bag & dry with your body heat.

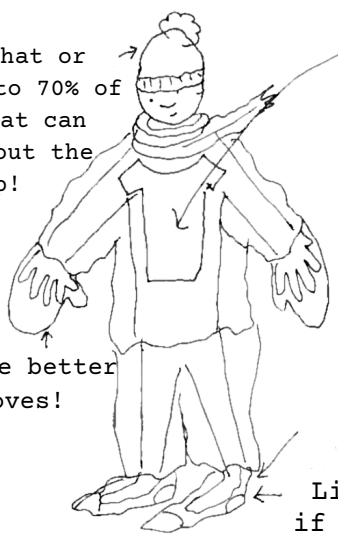
If no sleeping bag, layer your bedding. (such as blanket layers)



You can also make a clothesline across your tent and hang things to dry, moving them frequently & avoiding hanging drippy wet clothes over your sleep area.

LAYERS!

Wear a hat or hood! up to 70% of body heat can escape out the top!



You shouldn't be sweating! If you are, unzip or remove a layer -- sweat makes you colder.

Increase layers toward the end of the day as your activity slows down

Avoid cotton in your outermost layer if at all possible. If you don't have a waterproof coat or jacket, choose something synthetic (not your jean jacket).

Mittens are better than gloves!

Line shoes with plastic bags if necessary to keep feet dry.

Wear close-toed shoes, & do your best to keep feet dry! If possible, wear a thin sock under a thick one. Make sure feet warm up & are dry the end of each night.

CAR STUFF!

If in a vehicle, Just like in a tent: insulate it! Line windows with cardboard, foam, carpet, sunshade material or buy "reflectix" sold at most hardware stores & walmart.



Keep windows *slightly* cracked on the side of the car away from wind to vent out moisture.

Create an enclosed sleepingspace to keep heat in a smaller area. You can drape foam, blankets, space blankets etc to separate sleep space from the rest of the vehicle.

Same as in a tent, insulate the "floor" (or folded down seats) with pads, mats or cardboard. Wear layers, eat a lot of calories..all the same applies in a car as in a tent.

*Ensure your car's exhaust & ventilation systems work well! Sitting in a running vehicle with faulty exhaust could mean carbon monoxide poisoning (potentially deadly!)

Signs of carbon monoxide poisoning

- Dull headache
- weakness
- dizziness, confusion, blurred vision
- nausea, vomiting
- shortness of breath
- loss of consciousness

If you or someone you're with may have carbon monoxide poisoning, get into fresh air immediately & seek medical care!

TRENCH FOOT

SIGNS

- Itching, pain, swelling, "prickly" or heavy feeling in feet
- blotchy skin, soggy skin
- blisters may be present, skin may be falling off the foot may also look red, dry or be painful when exposed to heat.

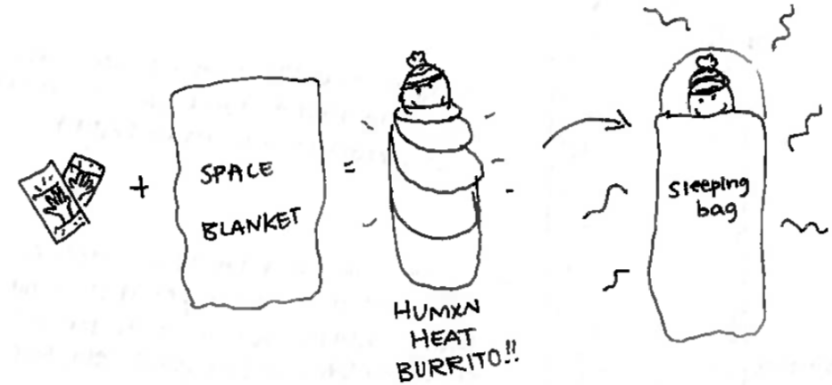
PREVENT/TREAT

- Clean & dry feet daily
- put on clean socks daily if possible
- air dry & elevate feet--do not sleep with socks if possible, or only use clean dry ones on clean dry feet.
- check feet daily
- apply heat packs to feet for 5 min



SEEK MEDICAL CARE IF CONDITIONS WORSEN OR PERSIST &/OR SIGNS OF INFECTION START!!!

Roll up in a space blanket with hand warmers inside-you'll be a human heat burrito! Bonus! Roll up like this & then go inside your sleeping bag for added warmth or line your sleeping bag with the duct tape "space sleeping bag" & hand warmers .



***If you are sweating, you're too hot! We're going for warm, cozy & dry not sweaty, hot, sauna!**

On freezing nights, place your shoes in a bag & place the bag inside your sleeping bag to prevent them from freezing! (Put em' @ the bottom of the sleeping bag)

you can also stuff your shoes with newspaper to help absorb moisture!



Place the bottom of your sleeping bag inside a large garbage bag to prevent outside moisture & keep your feet dry at night.

Line the inside of your backpack with a trash bag to keep contents dry.



use smaller ziplock/plastic bags for smaller pockets.