STAYING WARM AND DRY OUTDOORS AT CAMP

1.**Dress in layers.** Several lightweight layers are warmer than one heavy jacket. Body heat is trapped between the layers and provides insulation. Walking and working while bundled up can cause you to sweat. Evaporation of sweat will chill you. Layers offer the ability to “peel down” when you’re over-warm, avoiding that chill.

2. **Types of Fabric.** Cotton and denim are inadequate in cold, wet weather. Wool and fleece are better. Cotton, including the denim in jeans, draws (“wicks”) moisture from its surroundings and becomes damp and wet quickly. Cotton, when wet, is very cold. It draws heat away from the body and does not dry easily, making you cold quickly. Choose wool, fleece, or synthetic blends made for outdoors. When wearing jeans (cotton denim), add wool or outdoor synthetic fiber long

underwear or leggings. Wear wool or fleece socks.

**3. Make and Bring a Sit-Upon** for the hutchin. It insulates your bottom and keeps you warmer.

4. **Rain Gear.** Be prepared for rain with adequate rain gear (poncho or rain suit) and waterproof boots. Have raingear for your head as well.

5. **Mittens or gloves.** Wool, fleece, & outdoor blends are best. Avoid cotton.

6. **Hats.** Bring two. One for day use in the weather & one woven-type kept dry for sleeping.

7. **Sleeping Bags.** Bring a good outdoor-rated (0 – 20 degrees) sleeping bag. No indoor “slumber bags” since they are not warm enough. A “slumber bag” inside another sleeping bag can add insulation. Put something under your sleeping bag. Whether you sleep on the ground or on a vinyl mattress in a cabin, what you sleep ON can chill you and draw warmth away from your body. A fleece or wool blanket (no cotton), foam pad, or even extra clothes can provide a barrier. If you did not bring an insulated pad, sometimes it is better to put that extra blanket under the sleeping bag where the insulation is compressed, rather than on top where the insulation still has warm air spaces trapped. Put something over your sleeping bag. Add a layer of insulation with a

fleece or wool blanket (no cotton), or even your coat if it’s dry. Do not roll out your sleeping bag until you are ready to get into it, then roll it loosely again in the morning otherwise the nice dry fibers of your bag will attract moisture from the air during the day and feel chilly and damp by nightfall. If you have a down or polyfill bag, unstuff it and fluff it a bit while you prepare for bed.

**8.** **Navigating the Dark.** Use “glow sticks” as night lights in cabins and to mark the paths to the rest rooms. Be forewarned that these lights do attract bugs so if you choose to hang them in the

cabins do so in a place where the insects will not startle the girls. Our camps don’t have street lights so the evenings will get quite dark. Check flashlight batteries when you pack, bring spares.

**9. Take care of yourself** Eat a protein snack like peanuts, rather than a sugary snack like S'mores at bedtime. Protein produces heat over a longer period of time since it is slower to digest

than sugar. Exercise before going to bed to help with the initial warm up of that chilly bag.

**10**. **Preparing to Sleep.** Be sure to drink less just before bedtime, and remember to go to the bathroom before bed. If you end up needing to visit the bathroom again at night, just GET UP and GO. You’ll get back to sleep quicker than if you lay there awake trying to “hold it.” Just keep your flashlight, coat, and boots handy and take a buddy. Put on dry clothes (including underwear) just before going to bed. Everything has been sweated in or has been out in the weather all day; get it off. It’s cold to strip to the buff and redress from head to toe, but well worth it for the good sleep. (Most girls do this discreetly inside their sleeping bag.) Put on your sleeping hat, too, as 20 percent of your body heat is lost through your head! Put the clothes you’ll be wearing the next day in your sleeping bag, or under the sleeping bag or above your pad. If you do this, your clothes will not only provide extra insulation while you sleep but be warm and ready for you to dress quickly and comfortably in the morning.