

**GIRL GUIDES OF CANADA  
CALGARY AREA**

**INVITES YOU TO ATTEND**

## **Adventure Winter Camp**



January 26-28, 2024 at Camp Mockingbird  
Mandatory Information Meeting January 14<sup>th</sup> at 7pm (Virtual)  
Cost: \$50 per girl

**Responsible Guider:**

Philippa Wagner

**[ANY-CalgaryWinterCamp@girlguides.ca](mailto:ANY-CalgaryWinterCamp@girlguides.ca)**

Solo Rangers – you will be contacted by Katelynn Saville from [any-calgarycamping@girlguides.ca](mailto:any-calgarycamping@girlguides.ca) for arrangements.

<b>GUIDER &amp; PARENT PACKAGE</b>
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## Units, please read this sheet before committing to Winter Camp

### Adventure Winter Camp Expectations

- Units must be prepared to have to hike in and out of the site. Snowshoes will be provided for use; however, everyone needs to be able to carry their gear in personal and any unit gear that may be coming. This can be done with sleds or in hiking backpacks, but you must be prepared to handle your gear. Sleds will not be provided by the camp. The hike will be about 1-1.5km. **It is our hope that we will be able get the bus into site and turned around however conditions may require a hike in and want to be prepared for that!**
- We will be having some plow assistance for the site, however the extent of it is unknown at this time. Vehicles coming to the site need to be able to navigate snow if we get some.
- We are going to do everything in our power to have this camp go ahead. We will do a weather check to decide if the camp will go forward at the following points:
  - 2 weeks out
  - 1 week out
  - Wednesday before the camp
  - Friday Morning
- Indoor sleeping arrangements will be provided as backup however heat issues are not uncommon at this site. Be prepared to sleep warm, even inside.
- Units are fully encouraged to attempt outdoor sleeping on both the Friday & Saturday Night and will have to provide tents for this. **(Depending on how much snow there is, there may be an option for snow shelters)**
- Units need to provide ratio. If we need a couple extra spaces for a couple more Youth Members to attend, we will ask units with multiple leaders to just provide the 1:7 ratio. We will have a couple event volunteers who will support units!
- The majority of the day, including all meals, will be outside. Warm-up space will be provided however everyone should be prepared to participate in activities outside.
- We always expect you to read our SG.4 but this one will be important to share with all adults. The document will be available January 14 and we will review it as a group! We will have a full emergency plan to ensure we can be reached by emergency services.

**We hope this is clear and doesn't scare anyone away, but lays out the camp clearly. We hope you decide to join us with some 3<sup>rd</sup> Year Guides, Pathfinders and Rangers! Feel free to ask any questions.**

## UNIT GUIDERS:

Welcome to the Winter Camping weekend. We are looking forward to showing 3<sup>rd</sup> year Guides, Pathfinders, Rangers, & Trex the joys of enjoying the outdoors in Alberta Winter. Please read through this package for more details in advance of the **mandatory Virtual Information Session on January 14, 2023** Units are to have one leader log in. Youth Members and parents are welcome if they so choose.

Units do not need to have tenting experience. If you are a newer camper, we ask that you reach out so we can support you as much as we can.

## Please find enclosed:

- Unit Registration Excel Form
- Tentative Itinerary
- SG.1 and SG.2 for Parents
- Kit list

The Emergency Response Plan (SG.4) will be released at the January 14<sup>th</sup> Meeting.

## Deadlines:

- By **December 15, 2023**
  - Send in your filled in Excel Form with everyone attending as well as:
    - Emergency Contact information for Adults and Youth
    - Dietary/Health Restrictions
    -
  - Have a final count of Youth Members Attending the event and flag any major dietary restrictions.
  - This will be the number x \$50 charged for the event, no exceptions.
  - Send in your filled in Excel Form with all emergency Contact Information.
  - **Send in scans of all your SG.2s in one PDF file ← New this year**

Please bring health forms for all participants in your unit to the camp. The **Unit** First Aider will be responsible for collecting all of the girls' medications and filling out the H3, storing them while at the event & assisting with administration as required. There will be an event first aider.

We strongly suggest that you hold a Parents' Meeting to go over the information. There will be information specific to your unit to review as well as the information from our group meeting.

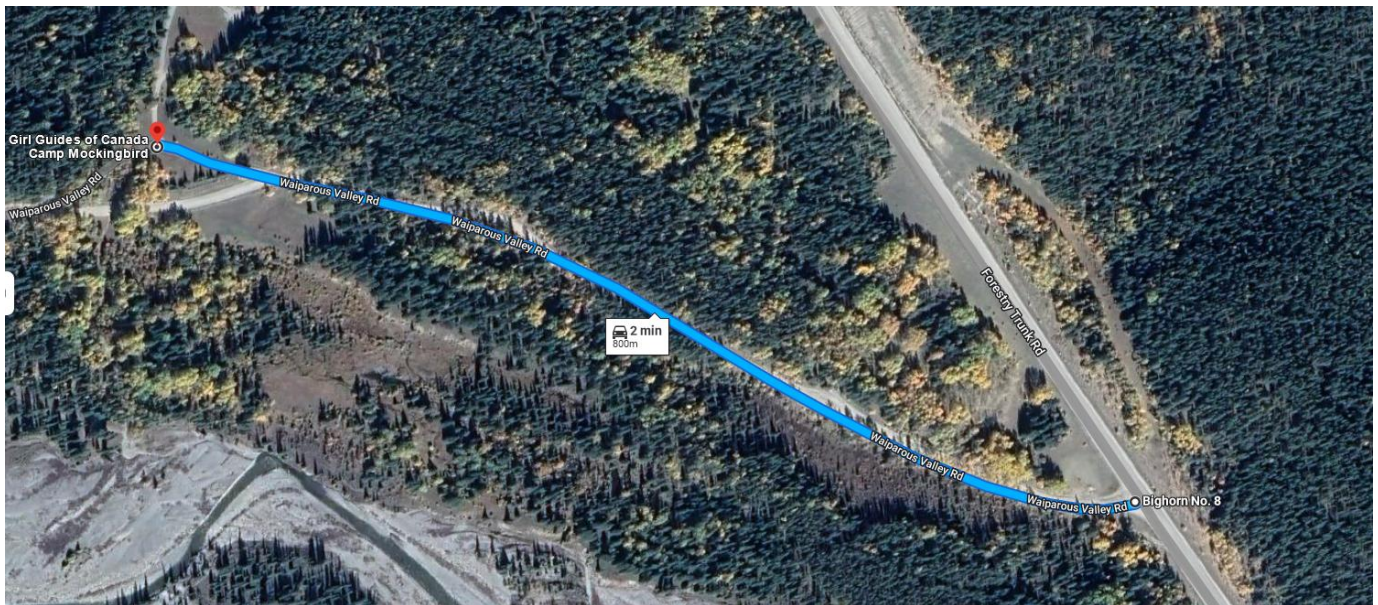
Should you have any questions or concerns please contact us at [ANY-CalgaryWinterCamp@girlguides.ca](mailto:ANY-CalgaryWinterCamp@girlguides.ca)

**January 14, 2023:** This meeting will be at **7pm** and will be held virtually. The intent of this is to go over the camp logistics and to answer any unanswered questions. Link will be sent out to all the units in an email.

**TRANSPORTATION:** As per the information on the SG1, buses will load for Winter Camp at the **Guide Centre at 6:00 pm on Friday January 26 and return at approximately 2:00 pm on Sunday, January 28** Guiders can park at the Guide Center for the weekend. Everyone should board the bus Friday Night with dinner in their bellies.

At this time, we will be assuming that Waiprou Valley Road will be plowed and we will be able to access the site by bus directly. However, if a recent snowfall is anticipated, we may need to hike into the site.

If this is required, the bus will stop at the intersection of Forestry Trunk Road (Hwy 40) and Waiprou Valley Road and we will hike/snowshoe into the site. The distance to the gate is 800m and there is another 600m to the camp spots within the site. This is to ensure the bus has ample room to turn around on the main road.



**SLEEPING ARRANGEMENTS:** We will ensure one bunk per human attending and then encourage units to bring tenting equipment to try the Saturday night outside. Please be prepared to sleep warm (meaning have sleep gear to be warm as if you're sleeping in a cold space) inside or outside.

If temperatures are below -20°C, we will have all people sleep inside.

**FOOD:** Saturday Dinner will be provided by the camp. Friday Snack, Saturday Breakfast, Saturday Lunch & Sunday Breakfast and all additional snacks are to be provided and brought by the unit.

Units must be prepared to do all cooking outside, including Saturday breakfast. We recommend a white fuel stove, not propane. Temperatures will affect the performance. Fire cooking is also an option.

Hot water will be continuously available through the day for hot drinks. All hot drink mixes are to be supplied by the unit. Meal suggestions are included in this package.

**Please have a days worth of emergency food available for your unit. Backpacking/freeze dried meals work very well for this as they are light and they are calorically dense.**

**ALL FOOD IS TO BE NUT FREE**

**WATER:** Each unit should bring 2L of water person. We recommend that each person bring in a minimum of 2L of water for themselves. (Total to have 4L per person for the weekend) Inside space will be provided to keep the water from freezing. The camp will be bringing water in as well for general use.

**GARBAGE:** Each Unit is responsible for taking their own garbage home.

**UNIT GEAR:** Unit needs to provide all gear for the event. Unit gear is expected to be transported by the units in personal vehicles (1 per unit). Only personal luggage will be on the bus. Please see the kit list attached as well as layering suggestion, taken from the BC Bundle Up Challenge.

Stoves (and most other gear) can be rented from the University of Calgary Outdoor Center or the Guide Center. Value Village is a great place to pick up extra fleece layers for you or your sleeping bag. The Guide Center has Fleece liners, sleeping bags, and blue foamies available for rent. You can book gear (as a unit) through the Alberta Council Website:

[https://www.girlguides.ca/WEB/AB/Forms/Alberta\\_Council\\_Property\\_Equipment\\_Booking\\_Form.aspx](https://www.girlguides.ca/WEB/AB/Forms/Alberta_Council_Property_Equipment_Booking_Form.aspx)

UofC Outdoor Center

<https://outdoor-centre.ucalgary.ca/gear-rentals>

**INDIVIDUAL PACKING:** We will have a full bus and ask that participants only bring 2 bags each. These are outlined in the Kit List.

**PROGRAM:** The schedule attached is currently preliminary. It is our goal to give the girls an outdoor experience in the winter. We will be closing the hall(s) off during the day and ask that unit leaders help us in encouraging proper dress and attitudes for spending a day and night outside during the winter.

We will provide programming for the blocks indicated in the schedule and it will be up to the unit to bring some unit activities to fill time.

We will be bringing snowshoes. Units do not need to rent this equipment on their own!

**SATURDAY CAMPFIRE:** Each unit should bring a **Winter Theme Myth** to the campfire. This can be entirely made up or come from something real. Be creative in your presentation!

## CALGARY AREA WINTER CAMP

### Food Suggestions

- Keep food simple and calorie dense. This isn't a weekend for complicated or diets.
- Pre-cook and pre-package as much of the food as possible.
- Think of ways to reduce dishes.
- Bring drink mixes. Hot Water will be provided for drinks throughout the day.
- Please keep all meals **NUT FREE**
- Consider how everyone will prepare to make sure you have enough cooking equipment. If unit will be milling about during meal prep instead of being actively involved, plan to have everyone some hot water for pre-meal soup or drinks.
- Please have emergency food for one full day of meals for your unit. (NOT INCLUDED IN THE COUNT BELOW)

**The following meals will be provide by the camp. All other meals will be by the units:**

Saturday Night Dinner: Spaghetti Bake with Meatballs and Salad (Gluten free versions will be available) - Subject to Change

Breakfasts (x2) Will be enjoyed outside.	<ul style="list-style-type: none"> <li>• Oatmeal               <ul style="list-style-type: none"> <li>○ Can do this in a single pot to be shared amongst people with your own spices or additions</li> <li>○ Individual Packages work well too as mini bowls</li> </ul> </li> <li>• Powdered or Freeze Dried eggs</li> <li>• Boiled eggs in a bag</li> <li>• English Muffin Pizzas or Breakfast Sandwiches</li> <li>• Breakfast Burritos</li> <li>• Sunrise Spuds (instant Mashed Potatoes, grated cheese, chopped cured meat, veggies)</li> <li>• French toast</li> <li>• Spicy Tofu Scramble</li> </ul>
Lunches (x1) Will be enjoyed outside.	<ul style="list-style-type: none"> <li>• Cup O' Soup</li> <li>• Foil bag dinners for the fire</li> <li>• Backpacking meals</li> <li>• Couscous Pizza Meal <a href="https://www.jetboil.com/recipes/campfire-pizza-pot">https://www.jetboil.com/recipes/campfire-pizza-pot</a></li> <li>• Chili</li> <li>• Heat Up Sandwiches Over Fire</li> <li>• Fancy Ramen with some dehydrated veggies &amp; meat</li> <li>• Sidekicks or similar type pastas</li> <li>• Tacos in a Bag</li> <li>• Hearty Soup with protein, grain and Veggies, with buns and butter.</li> </ul>
Snacks (x multiple) Will be enjoyed outside.	<ul style="list-style-type: none"> <li>• High protein Baked Goods</li> <li>• Granola or protein bars</li> <li>• Hot Drink Mixes</li> <li>• Cheese and Crackers</li> <li>• Dried Fruit</li> <li>• Beef Jerky</li> </ul>
Friday Night & Saturday Night Mug Up (x1) Will be enjoyed outside. Make it substantial to fill bellies before bed!	<ul style="list-style-type: none"> <li>• Cheese/pepperoni and Crackers</li> <li>• Baked Apples or Peaches</li> <li>• No-nut butter and banana quesadillas</li> <li>• Pudgy turtles pie <a href="https://campinganswer.com/campfire-turtle-pudgy-pie/">https://campinganswer.com/campfire-turtle-pudgy-pie/</a></li> <li>• Chipmunks and Squirrels</li> <li>• Baked potatoes with toppings</li> </ul>

### **CALGARY AREA WINTER CAMP – Tentative Schedule**

<b>Friday January 26, 2023</b>	
5:45 pm	Meet at Guide Centre
6:00 pm	Bus will load and will leave once loaded.
7:30 – 7:45 pm	Arrive at Camp Mockingbird.
8-10pm	Outdoor night time challenges including games, snack and bed! Units who want to do 2 nights outside will set up camp.
<b>Saturday January 27, 2024</b>	
8:00am	Units up and making breakfast outside (Units responsible for this); Clean up
9:00 am	Round Robin of Challenges
11:00 – 1:00 pm	Unit time and Make Lunch (Units set up tents)
1:00 – 4:00pm	Round Robin of Challenges
4:00-5:00pm	Unit Time
5:00 – Bedtime	Dinner, Night time Wide Games and Campfire
<b>Sunday January 28, 2024</b>	
8:00 am	Breakfast, break camp, pack up
12:00pm	Busses Depart
1:45pm	Arrive back at Guide Center for Parent pickup

A more detailed schedule will be provided at the January 14<sup>th</sup> Meeting.



## **Equipment Lists - Individual Gear**

- Refer to the attached Guidelines for Dressing Right in the Winter.
- ALL Layers must be removed and replaced before sleep with dry layers
- 2 Bag Limit – Daypack + Gear Bag. – whatever you bring make sure you can carry or sled in.
- We really do not suggest having bedrolls for this camp.
- Label gear with Unit #
- Gear is rentable through Guide Center or UofC Outdoor Center.

### **Individual and group gear will be discussed at the Girl / Guider meeting.**

#### **Wear To/From Camp**

- Warm Winter Jacket
- Waterproof & Insulated Boots
- Gaiters (if your pants don't come over your boots)
- Waterproof, lined Mittens
- Toque or Balaclava
- Liner socks and warm socks (\*You should be able to wiggle your toes, not too tight!)
- Mid-layers (fleece, lightweight long sleeve shirt, non-cotton pants or tights)
- Base Layer (Long underwear)

#### **Sleep System \*Pack in your Big Bag and Make Sure it's Water Proof, AVOID BEDROLLS.**

- Reflective Tarp or Tarp with Emergency Blanket (\*if sleeing outside)
- 2 Blue Foamies or Blue Foamie + Insulated Sleeping Pad (No Air Mattress) (\*If sleeping outside)
- A fleece or Wool Blanket or Sleeping Bag Liner (\*Indoor and outdoor Sleeping)
- Warm Sleeping Bag(s) (\*Indoor and outdoor sleeping)

#### **Clothing Extras:**

- Extra Pair of Mittens
- Extra Pair of Socks
- Extra Toque
- Water Bottle (filled)
- Sit-upon
- Headlamp with Fresh Batteries
- Whistle
- Personal First Aid Kit
- Hand and foot Warmers
- Sunglasses
- Lip Balm & Sunscreen
- Personal Sanitizer
- Small Kleenex Pack
- Camera in Ziploc/Water Proof bag \*Phones not recommended.

#### **In Hiking Backpack with Cover or Lined with Garbage Bag**

- Sleeping Mittens & Toque
- Sleeping Socks
- Extra Socks
- 1 Extra Set of Mid-layers
- 1 Extra Set of Base Layer
- Underwear/Bra (non-cotton)
- 2 Piece PJs (Wool/Fleece/Synthetic)
- A small daypack.
- Plastic bag or stuff sack for wet clothing
- Toiletries (deodorant, hair brush, toothbrush, toothpaste, menstrual products)
- Medications and filled out H.3 \*chat with your leader
- Unbreakable, non-metal dishes in mesh bag. (Insulated Mug, bowl, spork spork and knife)

#### **Water**

- Min 2L of personal water per person

No Jewelry, candy or electronics.

If you have snowshoes, you can bring them, please label clearly.



## **Group Gear – Winter Camping**

Tailor your gear to your menu and your group size and if your unit will be sleeping outside or not

### **Camp Kitchen**

- Stove(s) (white fuel, propane not recommended)
- Windscreen
- Fuel and funnel (as needed)
- Waterproof matches/lighter
- Pots with pot grips/handles
- Cooking utensils – Tongs if Fire Cooking
- Measuring cup
- Oven mitt (a glove or a mitt will work instead)

### **Water**

- Group Water Jug

### **Other:**

- Hot paws breakable heaters
- Extra Space Blankets/Sleeping Bags

**Camp will provide Toilet Paper and Hand Sanitizer for the Lats as well as cleaning supplies for the campsite.**

### **Optional – Tailor to your Menu**

- Cutting board
- Frying pan
- Spices
- Outback oven
- Tin foil
- Small compact table

### **Washing up (You can reduce this if your menu allows for it!)**

- Collapsible washing bin
- Biodegradable soap, bleach
- Washcloth/scrubby/sponge, LDP screen
- Large mesh dish bag and carabineer
- Extra ziplocks
- Garbage bag(s)

### **Group Camping**

- Tents
- Tarp(s) and rope
- Rope
- Candle lantern/small lantern
- Sled to transport gear to site
- Small shovel(s)

### **Rescue/emergency**

- First aid kit for the group
- Repair kit (duct tape, speedy stitcher, needle and thread, extra buckles, zipper pulls, cord locks, ripstop nylon, multi-tool, cement/glue, pole cords, tent pole splint, ripstop nylon patches, extra toggles, small roll of mechanical wire, stove maintenance kit, etc.)
- Extra rope
- Bungee cords (optional)
- Extra flashlight
- Flagging tape (optional)
- Glow sticks (for flagging tents)
- Extra toque(s) and gloves/mitts
- Car Emergency Kit & shovel.

### **Forms**

SG.2 to Submit to RG

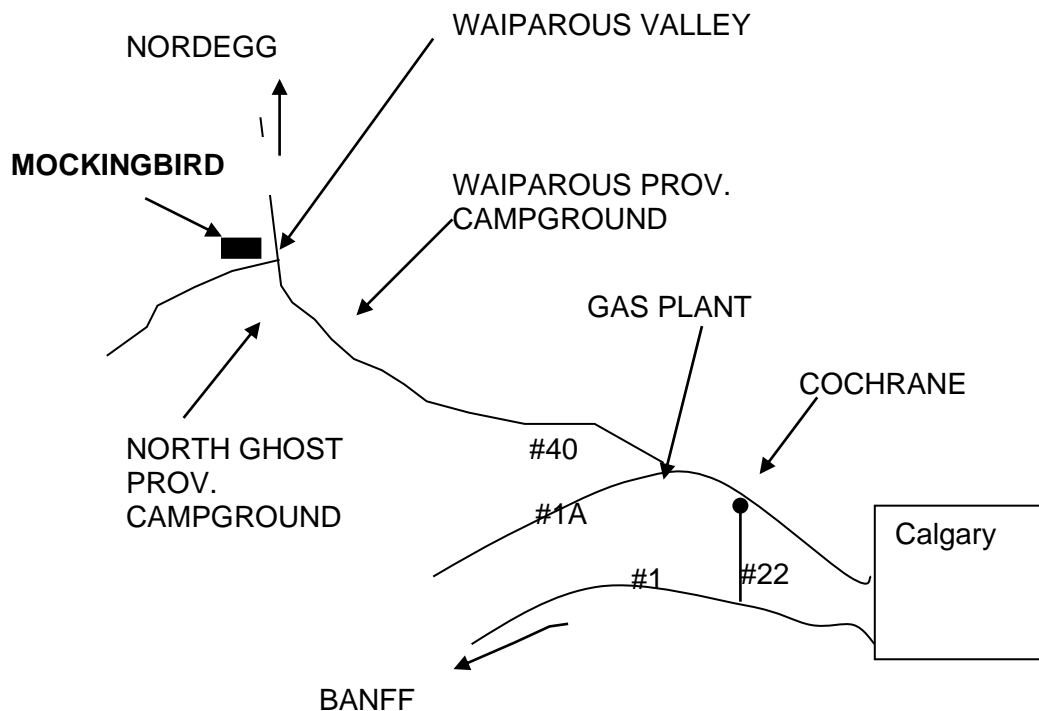
H.1/H.2 for Group

H.3 Filled Out with Medication

## CAMP MOCKINGBIRD HOW TO GET THERE

NO PETS  
ALLOWED  
ON SITE

ALL BUILDINGS  
DESIGNATED  
NON-SMOKING



**LOCATION:** The campsite is located in the Ghost District of the Bow Forest near the Waiparous River. It is 93.34 km (58 miles) Northwest of Calgary and is reached by travelling the 1A highway 12.9 km (8 miles) west from the junction of Highways 1A and 22 at Cochrane, Alberta, then north for a total of 41.2 km (25.6 miles) on Forestry Trunk Road 40 (to Nordegg). After the North Ghost Recreation Area sign on the left, the road climbs a hill and then down for 1.3 km (.8 miles) - turn left (west) at the bottom of the hill onto the Waiparous Valley Road (sign posted). Travel .8 km (.5 miles) to the main gate of Mockingbird. location address: 283061 Hwy 40.

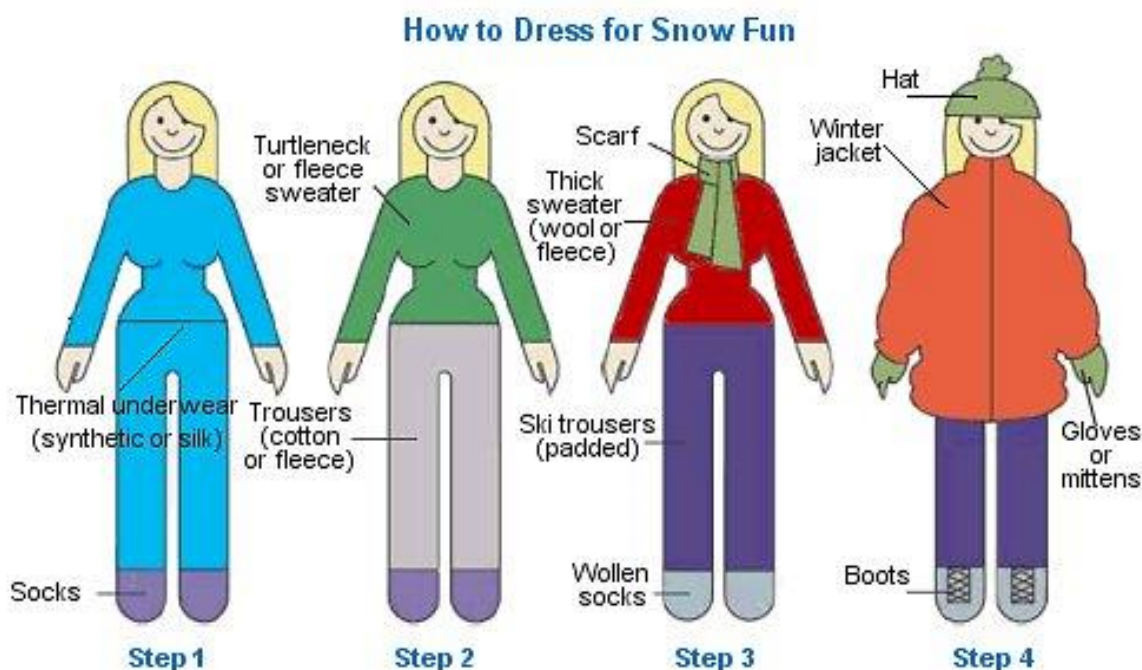
**TRANSPORTATION:** The trip takes less than two hours. Allow for winter driving conditions.

## WINTER PERSONAL GEAR & CLOTHING

Obviously, you can't bring an entire closet full of clothing to winter camp, so you want to have layers that serve multiple purposes that you can use individually or in conjunction with other layers to fit weather conditions from hot and sunny to windy, wet and cold. As your environment or activity changes, so will your clothing needs.

It is not, as so many believe, a matter of piling on more and heavier clothing as the temperature drops, or necessary to pack many extra sweaters.

**Keeping warm** is a combination of insulation and **moisture control** (both outside dampness and body perspiration). Staying warm in the winter is having the proper clothing layers and knowing how to use them effectively.



We tend to overdress when active and underdress when we stand around. Clothing should be adapted to the types of activities that are participated in. Always **“THINK LAYERING.”** Layering allows for flexibility for changing weather conditions and physical activities. Clothes should be kept to the minimum, and replaced during halts in activity.

The idea behind layering is that every piece has a purpose. You put together multiple pieces that deal with all the variables. If one variable changes; for example, the rain stops, you can take off your rain shell. If it gets a little warmer, but it's still raining, you can take off an insulating layer (eg. fleece), but leave your rain shell on.

**Keeping dry is vital:** It's important to avoid overheating, perspiring and subsequent chilling; when on the move and active in the winter.

After setting up your tent or snow shelter, you need to change all your clothing. Your clothes will be sweaty and have snow melt all over, so they will be wet and you will get cold. Take all of your clothing off and put fresh clothing on.

Keep in mind that being at winter camp is not a fashion show. Wear what you need to stay warm and dry.

The 3 Ws of layering:

- **Wicking** – base or inner layer
- **Warmth** – middle/insulating layer(s), and
- **Wind/Water** – outer layer

Use the **C-O-L-D** method to stay warm. Remember the word "COLD":

- **C – Keep your clothing Clean**  
Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.
- **O – Avoid Overheating**  
Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Stay hydrated by drinking plenty of water, and refrain from drinking caffeinated drinks that act as diuretics. Diuretics cause you to urinate more often.
- **L – Wear Loose Layers**  
A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footgear that will allow maximum insulation without impeding your circulation. Having clothing that is bright colored (orange or red) is also a good idea, so hunters and sportsmen can see you in snowy conditions. Always have a hat and wear it. Heat is usually lost from the head.
- **D – Keep Dry**  
Sweaty, damp clothing and skin can cause your body to cool quickly, possibly leading to frost nip and hypothermia. Keep dry by avoiding clothes that absorb moisture. Always brush away snow on your clothes before you enter a heated area. Keep clothing around your neck loosened so that body heat and moisture can escape instead of soaking through your layers.

The **Base or Inner Layer** is typically a light long-sleeved shirt and long johns (thermal underwear) or tights. The purpose of the inner layer is to draw perspiration away from the skin to the next layers, which makes the person feel warmer and more comfortable.

Merino wool and synthetic materials such as polyester and microfiber-based fabrics are good fabric choices for a base layer as these fabrics do not absorb moisture, but instead transfer moisture well. Synthetic fabrics can also carry special finishes, such as UV protection, insect repellent and anti-bacterial agents which reduce odours.



**Mid layer(s)** – a midweight polar fleece or wool sweater that adds an additional layer of warmth. If you're a colder person, you probably want to layer a pair of pants or tights over your long johns.

- vest
- wind shirt or jacket that is very lightweight – it just provides wind protection or a lightweight puffy jacket – not so heavy that it restricts you from moving

**Outer layer** is typically a wind-resistant and water-repellent jacket with a hood, and matching pants. It should fit over all the layers, but still allow freedom of movement, and give you the ability to shed a layer when you get too warm.

Non-breathable waterproof clothing; such as a plastic rain jacket is not good to have at camp as it will not allow wicking away of moisture where it can evaporate and the jacket will cause you to become damp inside (think raining inside your jacket – wet on the outside and on the inside).

Zipper pulls added to all jacket zippers make them easier to use while wearing big mittens.

**Hand layers** – Mittens are generally warmer than gloves because fingers come into direct contact with each other, passing warmth from one to another. Gloves separate each finger, providing better dexterity. It's handy to have a pair of gloves close by for doing camp chores and preparing meals.

It's a good idea to bring several pairs of gloves and mittens so you will have dry gloves or mittens to change into when your gloves or mittens get wet. Knitted mittens or mitt-liners inside water-repellent over-mittens are best. Finger gloves are not sufficiently warm in sub-zero weather even with an outer mitten.

**Head layers** – It's recommended to bring at least two warm hats, not including one that you will bring for sleeping. One should be a lighter weight hat that you can wear while doing activities, and the other can be a much warmer toque that covers your ears for when you are less active. On a really cold day, you can have a fleece neck gaiter and combine it with a balaclava. It's good to have a hood in your upper body layers too.

Both wool and synthetic materials are great when winter camping.

Material	Wool	Polypropylene or other synthetic fibers	Down	Synthetic Fills
<b>PROS</b>	<ul style="list-style-type: none"> <li>• natural fibre</li> <li>• great insulator</li> <li>• has natural anti-bacterial properties, so it does a good job of managing odours</li> <li>• if it gets wet, it still insulates</li> </ul>	<ul style="list-style-type: none"> <li>• great insulator</li> <li>• very lightweight</li> <li>• if it gets wet, it still insulates</li> <li>• more durable</li> <li>• less expensive</li> </ul>	<ul style="list-style-type: none"> <li>• natural fibre</li> <li>• excellent insulator</li> <li>• lightweight</li> </ul>	<ul style="list-style-type: none"> <li>• excellent insulator</li> <li>• lightweight</li> <li>• if it gets wet, it still insulates</li> <li>• more durable</li> </ul>
<b>CONS</b>	<ul style="list-style-type: none"> <li>• tends to be a little heavier</li> <li>• not as durable</li> <li>• more expensive</li> </ul>	<ul style="list-style-type: none"> <li>• some of these fabrics tend to retain odours</li> </ul>	<ul style="list-style-type: none"> <li>• when it gets wet, it no longer insulates</li> <li>• not as durable</li> <li>• more expensive</li> </ul>	<ul style="list-style-type: none"> <li>• heavier</li> <li>• bulkier</li> <li>• less expensive than down</li> </ul>

**Cotton is the one material you don't want to bring winter camping. COTTON IS ROTTEN.** If cotton gets wet, it takes a long time to dry, and if you have a wet layer of fabric against your skin, that's going to pull heat away from your body.

Clothing keeps you warm by trapping warm air near your skin. When cotton gets wet, it ceases to insulate you because all of the air pockets in the fabric fill up with water. When you hike, you perspire, and any cotton clothing touching your skin will absorb your sweat like a sponge.

It doesn't have to be expensive to outfit yourself for winter camp. Check Facebook Marketplace, Craigslist, local buy/sell/trade resources, and your nearest consignment or second-hand sports equipment store for "new to you" items.



**Socks** – One of the best systems for keeping feet warm is using multiple layers. Start with a thin polypropylene liner sock next to the skin to wick moisture away followed by a pair of wool or wool/nylon blend socks. Make sure the outer socks fit comfortably over the inner layers, but that you can still wiggle your toes in your boots. An extra-thick sock will not keep your feet warm if it makes your boots too tight and restricts circulation. If socks are too loose, they can slip or bunch up, creating pressure spots leading to blisters. Ideally, socks should be long enough to pull them well up on the calf.

Keeping your feet dry is essential to keeping your feet warm you may need to change your socks during the day. Another way to keep your feet warm is to keep the rest of your body well covered - If your feet are cold, put on a hat.

**Boots** – Boots are probably your most important item at winter camp. Footwear should be sufficiently roomy to permit comfortably wearing two layers of socks, and be insulated and waterproof.

Tight boots restrict circulation, and are a direct cause of frozen toes or feet. Tightening your boot laces too tightly will constrict the blood flow as well.

Rubber boots are for rain, not for snow. They do not insulate and do not provide enough support for winter activities such as snowshoeing. Insulated hiking boots that come up the calf are the best choice, or pair lower-cut boots with gaiters, to keep the snow out.

Spare footwear can be a luxury for changing into as soon as major activities have ceased for the day. Down or synthetic fill booties are super lightweight above the ankle booties made with a nylon outer shell fabric, foam sole and an adjustable draw closure. Knitted slippers to wear inside your tent can also help keep your feet warm.

Keep your hands and feet warm. Your body will always protect the core, so if your hands and feet are warm, your core will also likely be warm. If your hands or feet are cold, put on more layers, and put on a hat!





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## TIPS ON SLEEPING WARM IN THE OUTDOORS

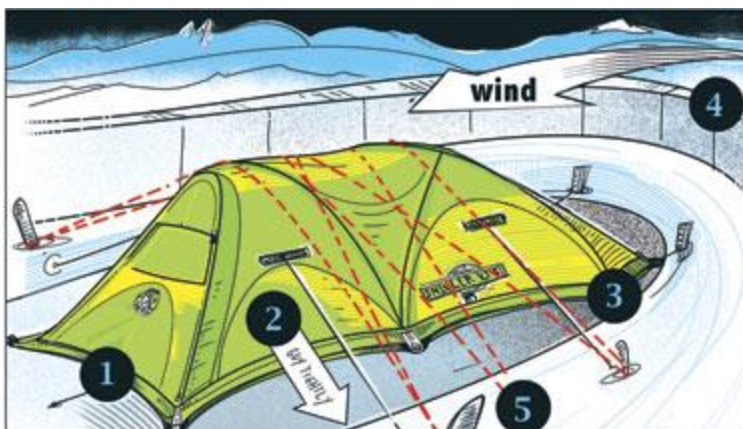
### Bedding

Remember the body cools down during sleep and the blood is drawn from the extremities (feet and hands) to the center or core of the body. Proper insulation must be provided to prevent heat loss.

1. “Feather Your Nest” – You want to have more layers between you and the ground than on top of you. From bottom to top, you should have:
  - A reflective tarp or an emergency blanket layered over your tarp
  - A thinsulate (closed cell blue foam) mat, or interlocking kid’s play mats, or hot water tank insulation
  - An inflatable sleeping pad (not an air mattress)
  - A fleece or wool blanket
  - Sleeping bag(s) – if your sleeping bag is not warm enough, use one sleeping bag inside another, with the zippers on opposite sides
  - Liner – think of it as a giant sock that you will sleep in. You can buy an expensive silk one, a less expensive synthetic one, or make your own from lightweight fleece. Avoid cotton liners, they will not keep you warm.
2. Keep hydrated during the day and avoid drinking lots of fluids at night, so you won’t have to go to the bathroom in the middle of the night.
3. Eat a big dinner with lots of calories. Calories are a unit of heat, without them the furnace won’t burn hot.
4. Go to bed warm – do some light activity before you go to bed, like fluffing up your sleeping bag with vigor to gain maximum loft before you climb in.
5. Wear a wool hat to bed. You lose most of your body heat through your head.
6. Don’t burrow in – Keep your nose and mouth outside your sleeping bag. Your breath contains a great deal of moisture that can cause dampness to collect in the bag as you sleep. To keep your face warm, wear a balaclava or wrap a scarf around your face.
7. Finally the old standby...to stay warm snuggle up to someone, and max out your tent’s capacity - many bodies in a small tent are warmer than few in a large tent.

## Setting up your tent

If you are tenting in the snow, you will need to dig down a space large enough for your tent and guylines. The snow walls will provide additional insulation and shelter your tent from the wind.



1. Place a ground sheet under the tent and make sure the main entrance is down wind. (In rainy weather put a ground sheet in your tent as well and make sure nothing touches the walls.)
2. Once all the corners of your tent have been pegged so your tent floor is taut and flat and your fly is on and pegged tautly attach guy lines to tent guy line attachment points (most tent have at least four) and peg the guy lines into the ground.
3. Double peg or anchor side of tent the wind is blowing into.
4. If possible build a wind wall using a tarp or snow wall to act as a barrier from the wind or use natural barriers like rock or trees.
5. In really windy conditions lash rope back and forth over the tent and peg into the ground. If you have a second set of tent poles, insert them alongside the original poles (i.e. parallel), to augment the tent structure. For internal fortification, place backpacks, boots, and bodies against the most wind-beaten wall.
6. All pegs should be pegged away from the tent at  $45^{\circ}$  from the ground so all guy lines are  $90^{\circ}$  from top of peg.
7. For very hard-packed ground you will need stronger (and heavier) stakes that can withstand the force needed to drive them in. On snow, sand, or other loosely packed surfaces, wider T-Stakes or aluminum snow stakes will hold better; these stakes hold best buried horizontally. You can also improvise with other “stakes” (hiking staffs, ice axes, branches, rocks).

