

Cold Weather Camping

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Objectives

- **Winter Leadership Skills**
- **Safety**
- **Practical Skills**
- **Winter Camping “Tips”**
- **Conclusion**

Top 10 Reasons to Winter Camp

10. It's the only cure for cabin fever
9. Views are great without all those leaves
8. You can eat all you want, you will burn it off
7. With snow, no rocks or roots under your tent
6. Fellow campers don't smell as bad
5. Drinking water stays cold
4. You can walk on water (cause it's frozen)
3. No crowds
2. No dirt
1. No bugs

**There is no magic to camping in winter... but
there are rules... Use Common Sense**

Leadership

Equipment

Physical Condition

Beginning Winter Camping

- An outdoor program is the highlight of most units.
- A year round program keeps Scouts involved & keeps the program going.
- How did we get to the point where being outside in the winter is not something we normally do?
- So... how do we get back out in the cold?

Winter Leadership Skills

#1 – A Safe Outing:

A Safe Trip

Thrive... not just... Survive

A Positive Attitude

Leader Preparation:

Physical Fitness

Study Techniques

Exercise Your Skills

Winter Leadership Skills

Two-Deep Leadership: Never More Important
Extra Gear & Clothing
Buddy System

Safety

Heat Loss: Radiation
Conduction
Convection
Evaporation
Respiration

Compound Effects: Wind Chill
Water Chill

Safety

Heat Loss Prevention: Clothing = 1st Line of Defense

No Cotton !!!!!

Use the 3 Ws:

Wicking Layer

Warmth Layer

Wind Layer

Sleeping: Sleeping Requires a System

Safety

Cold Injuries:

Dehydration

Hypothermia

Frostbite

Snow Blindness

Carbon Monoxide Poisoning

Have a Good First Aid Kit and Know How to Use It

Attend a First Aid Course and Get Trained

Practical Skills

Appropriate Program: Age & Skill Differences
Start with a Cabin Camp
Safety while Building Skills

Practice: Introduce Skills at Meetings
Use Backyards & Garages to Practice
Know How to Use the Equipment Well
Work with Glove & Mittens On

Practical Skills

Proper Nutrition: Food = Fuel

Needs to be Hearty + Nutritious

Use your Resources

Equipment: Requires More than in Warm Weather

Use Sleds Instead of Backpacks

Organize & Protect Gear

Reflections on a Cold Weather Camping Trip

**Weather Forecast: 10 degrees to -16 degrees with
snow...**

Friday Night: Clear skies, 0 degrees, 2 ft of snow

Saturday: -16 degrees and clear skies

Sunday: 10 degrees and 8" of new snow

**Small things disappear when dropped in snow
All food products containing water freeze solid
Check electronics' temperature specs**

Reflections on a Cold Weather Camping Trip

- Preparations at Home: What to do before leaving
- Gear: What take & what to know
- Food & Water: Useful tips
- Fire: What to bring & how to build one quickly
- Clothing: Tips on how to pack & wear
- Sleeping: Good to know to get through the night

Last – But Not Least:

If someone is cold, do not let up until they are warm

Conclusion

Cold Weather Camping is great for providing a year round program – but you have to practice

Develop a plan & build the skills you need

Learn winter techniques & improve your program

Involve parents in the preparations

Have FUN !!!!

Questions

