



## GSLC – SAFETY MOMENT

### Top Winter Camping Tips

1.) **Plan for the Best, Prepare for the Worst:**

Have a response plan in place if a Scout becomes too cold or wet. Anticipate that it will be used for at least one Scout. If it's expected, it's not an emergency.

2.) **Stay Hydrated:** It is easy to get dehydrated in the winter, so bring extra water. Have Scouts put a Nalgene or similar water bottle in their bag so they sleep with it and keep it defrosted. Put water in pots before going to sleep so it can be placed directly on the stove or fire if it freezes during the night.

3.) **Cotton is Bad:** Do not wear cotton clothing. Wear a wicking inner layer, a warm middle layer, and a wind and water proof outer layer. Troop leader should ask and check to see if each Scout has the proper clothing before departure. Make sure a dry change is available for each boy, and that they go to bed dry. Changes can be stored in freezer bags to ensure they stay dry

4.) **Eat Warm:** Plan for three warm meals a day. Plan meals with a lot of carbohydrates. Suggest, using pre-made, one pot meals, so Scouts can make them easily without going long periods without gloves. Bring extra food that requires no preparation, like granola bars.

5.) **Sleep Warm:** Sleep on a foam pad. No air mattresses or cots. Open air is colder than the ground. Foam retains the heat it gains from your body. In a pinch you can utilize a space blanket and cardboard to insulate you from the ground.

6.) **Cover Your Head:** Wear a warm hat that covers the ears. Even while sleeping, the boys should wear a warm hat. Much of the heat loss from a body comes from the head.

Stay warm and safe!

