

COLD WEATHER CAMPING FACT CARD

FIRST AID

CHILBLAIN
 Caused by repeated exposure for prolonged periods from 20-60 degrees. Especially in moist conditions
 Symptoms-Swollen, red skin. Tender, and hot skin that itches.
FIRST AID-Warm effected area with direct body heat.
 DO NOT Massage or rub.
 DO NOT Expose to open fire or direct heat
 PREVENTION-Wear gloves
 NEVER wear cotton

HYPOTHERMIA
 Caused by prolonged exposure and body heat loss. May occur at temps above freezing, especially when a persons skin or clothing is wet.
 Symptoms-Shivering may or may not be present Drowsiness, mental slowness, lack of coordination, irregular heart beat.
FIRST AID- Get to medical facility ASAP
 Remove wet clothing
 Wrap in blankets, put victim in sleeping bag
 Put warm water bottles in bag.
 2 in the arm pits and one in the crotch area.
 PREVENTION-NEVER wear cotton clothing in cold weather environments.
 WHEN Planning, ensure there are warming areas or time to get dry and warm.

FROSTBITE
 Caused by freezing of exposed skin.
 Symptoms-Numbness in effected area, Tingling, blistered skin, swollen or tender skin. Pale or yellowish waxy looking skin.
FIRST AID-EVACUATE IMMEDIATELY!
 Warm effected area with direct body heat.
 DO NOT THAW AREA
 DO NOT MASSAGE AREA
 DO NOT WET THE AREA or SOAK IN WARM WATER
 DO NOT EXPOSE TO OPEN FLAME OR STOVE.
 Prevention-Wear gloves and face covering. Cover ears.
NEVER WEAR COTTON

DEHYDRATION
 Caused by depletion of body fluids
 Symptoms-Dizziness, Weakness, Blurred vision
FIRST AID- Replace lost water, Water should be sipped, not gulped.
 Get medical treatment if severe
 Prevention-Consume 3-6 quarts of water per day at a minimum



REMEMBER COLD
 C-Keep it **CLEAN**
 O- Do not **OVERHEAT**
 L- Wear **LOOSE** in **LAYERS**
 D- Stay **DRY**


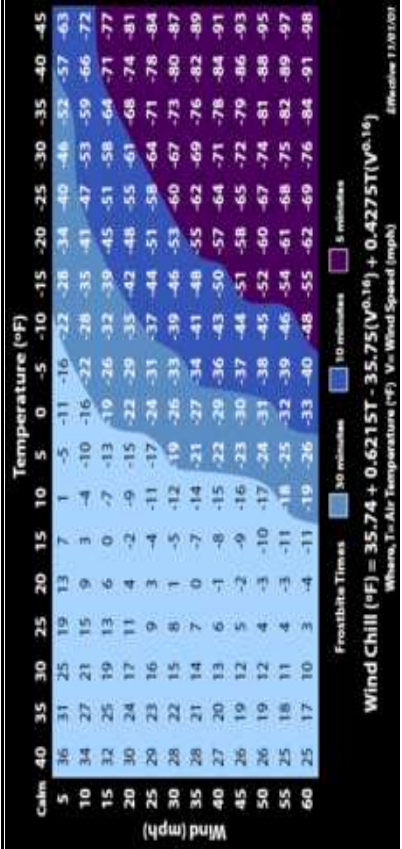
TELL AN ADULT LEADER WHEN YOU FEEL-
 Dizzy, weak, or extremely cold.
 If your skin feels-
 Swollen, Numb,Painful and tender, hot or itchy.
 If your skin looksRed or creamy white.
 Bleeding or blistering

DO's and DO NOT's

DO
 Cover exposed skin
 Stay dry, avoid getting wet
 Watch yourself and your buddy, constantly check hands, face, feet, face, ears, and nose.
 Keep your clothes dry and clean
 Change your socks twice daily at a minimum
 Change your clothing when you get wet
 Eat good meals with lots of carbs.
 Eat a **HOT** breakfast and **HOT** dinner
DRINK LOTS of water
 Drink warm drinks with your meals, especially at night and before you go to bed.

DON'T
 Get wet
 Take short cuts
 Overheat, change clothing and adjust layers
 Hesitate to tell someone that you are not feeling well. Tell an Adult leader when you are not right

ALWAYS USE THE BUDDY SYSTEM! THE BUDDY SYSTEM IS OUR WAY OF CHECKING EACH OTHER AND STAYING SAFE!

COOKING AND CAMP CRAFT			LEAVE NO TRACE
STOVES Keep your fuel warm. DO NOT COOK IN YOUR TENT Get your stove off the ground Clean as you go.	TENTS Stay out of low areas..cold settles in depressions. Anchor your guy lines Always use ground cloth or tarp	CLOTHING Layers Base layer of Polypro underwear Mid Layer- Warm and Loose, Fleece Outer Layer- Water resistant shell	Plan ahead and prepare Travel and Camp on Durable surfaces Dispose of waste properly Leave what you Find Minimize campfire impact Respect Wildlife Be considerate
MEALS		DO NOT WEAR COTTON!!	
BREAKFAST	LUNCH	DINNER	
Should not be a complicated meal but should be a complete one since it supplies the foundation for a full day's work. Just standing around in camp in the early morning (cold) hours only leads to cold feet and bodies. Since the easiest thing to cook is water it is best to go for items which can be made in each individual's cup. Suggestions include: instant oatmeal with hot milk & margarine, hot Tang, Granola with hot milk, hotJello, hot chocolate with extra milk & margarine.	There are two approaches to lunch on a winter trip. One is to stop for a traditional lunch and take a long break. You can breakout the stove and cook up a hot meal if you like. The other approach is carrying a personal lunch which can be eaten throughout the day.The second approach minimizes the amount of time people would be standing around, but also doesn't provide a major rest stop. In the case of an "eat through the day lunch" a general formula is to take the following per person per day: •1/2 -3/4 lb.GORP-raisins, peanuts, M&M's, sourballs coconut, chocolate morsels etc. •1/4 - 1/2 lb. Lunch Meat and/or Cheese - cut into bite size chunks so you don't break your teeth •Other items include cookies, brownies, peanut butter, bagels, etc.	It is often good to start dinner with an instant soup or a hot drink that can be made in each persons' cup. This gives some internal warmth while waiting for the main course. In the winter, the main dish is usually some form of one pot glop/stew. This is to save time and stove fuel. A glop starts with a soup or gravy base, and includes a starch (rice, noodles), some vegetables (frozen vegetables keep well on winter trips), whatever protein you are carrying (lunch meat, cheese, canned chicken, tuna). This should be spiced to make it tasty. Remember, at the end of the day you will be more tired than hungry and having an interesting meal is essential to get you to eat. The other approach to dinner is freeze-dried foods. The meal is concluded with hot drinks (tang, tea, hot chocolate,jelloetc.) and possibly dessert. At the end of the meal water should be melted/heated up for personal water bottles at night. Dehydrated foods (which are different than freeze dried are not recommended because they require large quantities of water to rehydrate them.	
			
			 <p> $Wind\ Chill\ (^{\circ}F) = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$ <small>Where, T = Air Temperature (F), V = Wind Speed (mph)</small> <small>Effective 11/8/09</small> </p>