

## **WINTER TIPS** from the Audubon Center of the Northwoods, Sandstone, MN

1. Don't fight winter, learn to live with it.
2. Understand and anticipate. Everything takes longer.
3. Rotate job of breaking trail, so no one gets too sweaty/exhausted.
4. Winterize clothing and equipment - tabs on zippers, headlamps, idiot strings for your mittens.
5. Chapstick, vasaline, ... for dry and exposed flesh.
6. Check each other frequently for hypothermia and frostbite signs.
7. Drink plenty of fluids- drink 2 to 3 quarts a day.
8. Check urine if thick, dark, smelly- you need to drink more fluids.
9. Carry water bottle upside down in pack- it won't freeze the top on.
10. Use only wide mouth containers, small mouths jam with ice.
11. Bury your water bottle in the snowbank to insulate it from the cold.
12. Dress in layers, add or peel to keep comfortable and free of sweat.
13. Head = Thermostat. Take hat on/off to regulate heat. 30-75% of heat loss is from an exposed head.
14. An earband keeps ears warm and allows you to cool off a bit.
15. Keep torso warm - allows blood to flow to extremities and keep them warm.
16. Put on layers AS SOON AS you stop moving. You won't sweat and this way you can conserve heat without cooling off and having to heat up again.
17. Eat plenty of food - and eat often.
18. When feet are cold it is often a sign that you are losing heat elsewhere - put a hat on.
19. Most heat loss in boots is through the soles - wear felt inner soles.
20. Change socks periodically during the day - stay dry - use vapor barrier liners.
21. Leave enough room in your boots to wiggle your toes. Don't cut off the circulation.
22. Don't put on so many socks that your feet are swimming in sweat.
23. Don't let socks wrinkle or bunch up - will cause blisters.
24. Treat your feet like kings, they carry you where ever you go.
25. Use insulated overboots with ski boots.
26. Beware of snow laden pine or spruce boughs above campsite or fire.
27. Set trails to latrine and water supply before dark. You don't want to stumble into holes, sticks or streams during a midnight latrine visit.
28. Clear away snow, or stamp it down, before setting up your tent. Otherwise you will have to sleep in your first hip hole the entire night.
29. Don't stuff too many people into a shelter - too much moisture.
30. Have a large tent with more room than in the summer - gives room to move around in and to store gear.
31. Leave good ventilation in tent for maximum ventilation of moisture.
32. Campsite selection considerations should include shelter from wind, access to water, and proper sanitation.
33. Insulate your seat- you lose heat by conduction.
34. Change into dry clothes - DOWN TO THE SKIN- as soon as you set up camp.
35. Keep sleeping bag dry - tarp underneath, sleeping bag, vapor barrier liner, don't breath into it. If you must keep your mouth inside, cover it with a bandanna.
36. Bring today's and tomorrow's clothing into the sleeping bag with you to dry out and keep warm.
37. Put boots into a stuff sack and bring them into the sleeping bag to keep them from freezing.
38. Generate body heat before getting into your sleeping bag and move vigorously while getting in.
39. If cold at night: Go To The Latrine, put hat on, Curl Up With Bag In Fetal Position, do isometrics, Eat Chocolate Or Candy, make sure bag is closed tightly around your shoulders.
40. Don't leave gear outside in the snow to be lost if it snows or the wind blows.
41. Do as little drying by the fire as possible - burnt clothing is useless.
42. Snow is good toilet paper.
43. Wear rubber gloves when washing dishes.
44. Use snow to wash pots - it is a good, clean abrasive, and very easy to use.