

## WINTER TIPS

AUDUBON CENTER of the NORTHWOODS  
RT. 1, SANDSTONE, MN 55072  
(612) 245-2648

1. Don't fight winter, learn to live with it! Attitude
2. Understand and anticipate that everything takes longer.
3. Rotate job of breaking trail – no one gets too sweaty/exhausted.
4. Be realistic about mileage you plan to make.
5. Winterize clothing and equipment – tabs on zippers, headlamps, and idiot strings for mittens.
6. Chapstick and sunscreen for dry and exposed flesh.
7. Check each other frequently for hypothermia and frostbite.
8. Check urine – if thick and smelly, you need to drink more fluids.
9. Drink plenty of water, drink often. 2-3 quarts/day
10. Carry water bottle upside down in pack, it won't freeze the top on.
11. Use only wide mouth containers, small mouths jam with ice.
12. Bury water bottle in snowbank to insulate it from the cold.
13. Dress in layers, add or peel to keep comfortably warm and free of sweat.
14. Head = thermostat. Take hat on/off to regulate heat. 50-75% of heat loss is from an exposed head.
15. An earband keeps ears warm and allows you to cool off a bit.
16. Keep torso warm – allows blood to flow to extremities and keep them warm.
17. Put on layer 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.
18. Eat plenty of food, and eat often.
19. When feet are cold, it is often a sign that you are losing heat elsewhere – put on a hat.
20. Most heat loss in boots is through soles – wear felt inner soles and it is also warmer to sit.
21. Change socks periodically during the day – stay dry – use vapor barrier liners.
22. Leave enough room in your boots to wiggle your toes. Don't cut circulation.
23. Don't put on so many socks that your feet are swimming in sweat.
24. Don't let sock wrinkle or bunch up – will cause blisters.
25. Treat your feet like kings, they carry you wherever you go.
26. Use insulated over-boots with your ski boots.
27. Beware of snow laden pine or spruce boughs above campsite or fire.
28. Set trails to latrine and water supply before dark. Be prepared.
29. Scout all trails around campsite for dangers. You don't want to stumble into holes, sticks or streams during a midnight latrine visit.
30. 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.
31. Don't stuff too many people in a shelter – too much moisture.
32. Have a large tent with more room than in the summer – gives room to move around in and to stow gear.
33. Leave good ventilation in tent for maximum ventilation of moisture.

34. Campsite selection considerations should include shelter from wind, access to water, and proper sanitation.
35. Insulate your seat – you lose heat by conduction.
36. Change into dry clothes as soon as you set up camp.
37. Keep sleeping bag dry – tarp underneath, sleeping pad, vapor barrier liner, don't breathe in it. If you must keep your mouth inside, cover it with a bandana.
38. Bring today and tomorrow's clothing into the sleeping bag to dry and to keep warm.
39. Put boots in inverted stuff sack and bring them into sleeping bag to keep them freezing.
40. Warm up ensolite by holding it under your coat so it won't crack.
41. Generate body heat before getting into sleeping bag and move vigorously while getting in.
42. 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 shoulders
43. Don't leave gear outside in the snow to be lost if it snows or blows during the night.
44. Do as little drying by the fire as possible – burnt clothing is useless.
45. Keep clothes, sleeping bag packed in a garbage bag in stuff sacks.
46. Flashlight – Bring extra batteries and bulbs
  - Switch batteries around so they don't get turned on by mistake
  - Warm up batteries before using them
  - Nickel cadmium batteries are rechargeable and work well in the cold
  - Candle lantern
47. Snow is good toilet paper.
48. Wear rubber gloves for washing dishes.
49. Use snow to wash pots – it is a good, clean abrasive and very easy to use.