

Staying Warm.... In winter

No Cotton:

The phrase we use in outdoor education is cotton kills

The problem with cotton is that it holds water against your skin and robs the body of warmth, as an outer layer, if it gets wet it gives up its ability to insulate and creates a damp feeling. Its also very hard to dry out cotton in the field.

Interior layers should be made of:

Merino wool, and synthetic materials, like polypropylene and polyester are good options.

Exterior layers should be made of:

Nylon or Gore-Tex fabrics

Wear Layers of Clothing:

Many layers of light weight items and a vapor barrier are better than one HUGE jacket

Layers starting at skin surface

- lt. weight poly OR wool t-shirt
- lt. weight long sleeve shirt
- mid-weight long sleeve, hoodies are great!
- Heavy weight fleece or heavier jacket

Stay Dry:

If you start to sweat, VENT (you can take off a hat, zip open spaces, or take off layers)

Stay out of creeks and playing in puddles, avoid dunking shoes/boots in water unnecessarily

No rolling around on the ground!

Eat and Drink (the right kinds of things)

Its hard to drink water in a cold environment, so you should make hot drinks and carry them in a thermos.

Eating breakfast is a must, its starts the bodies engine cranking, and keep eating during activity. If there is no fuel to burn, its hard to keep the engine running.

During the activity high calorie and fast burning sugar items are great. Candy bars with some protein items are super. Snickers bars, peanut M&M's, GORP, and protein bars are all good options. Good tip is to keep these candy bars on inner pockets, frozen candy bars are hard on the teeth.