

# Winter Overnight Camping Clothing and Sleeping Gear



What looks more  
fun to you?

Preparing ahead, and....



Feeling toasty warm?

Failing to prepare, and...



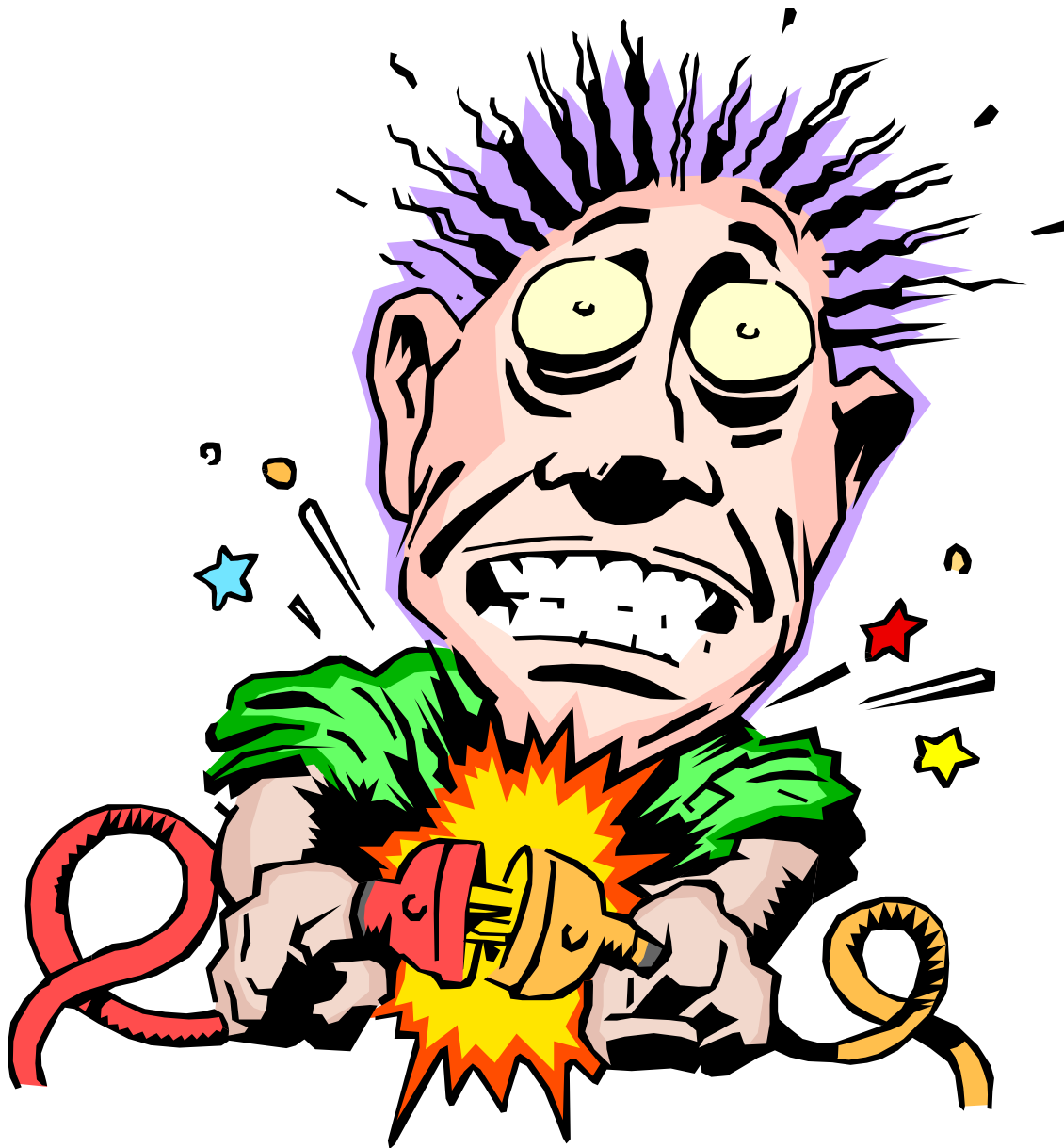
Freezing your butt off?

# Time for the Rocket Science!

The difference between freezing and keeping warm will depend on your knowledge of the Theory of Conductivity.

Who can explain what the Theory of Conductivity means to keeping you warm?

Does it mean this?



It means the transfer of heat.

Specifically, the transfer of your body  
heat to the cold outdoors.

# Huh?

- Transfer (loss) of your body heat too fast will cause hypothermia.
- Transfer of your body heat too slow will cause overheating and sweating
- Control the transfer so that it is just right and you keep toasty warm.
- What will stay warmer long: Thermos of hot chocolate? Or steel cup of hot chocolate

Got that?

# Excellent conductors

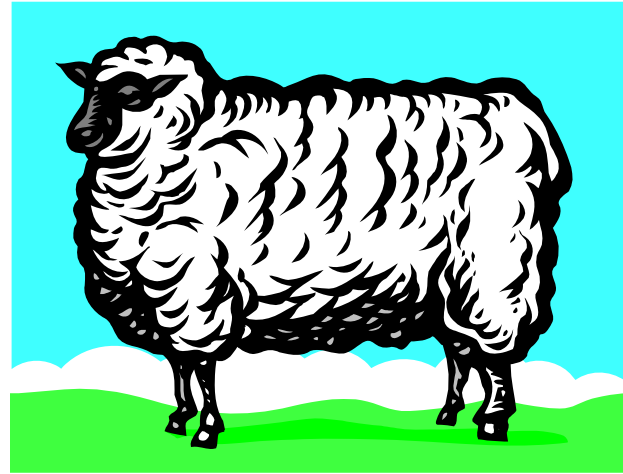
- Water will conduct your body heat away (sweat, rain, or melting snow)
- Wind “wick’s” your heat out of your body



# Poor conductors

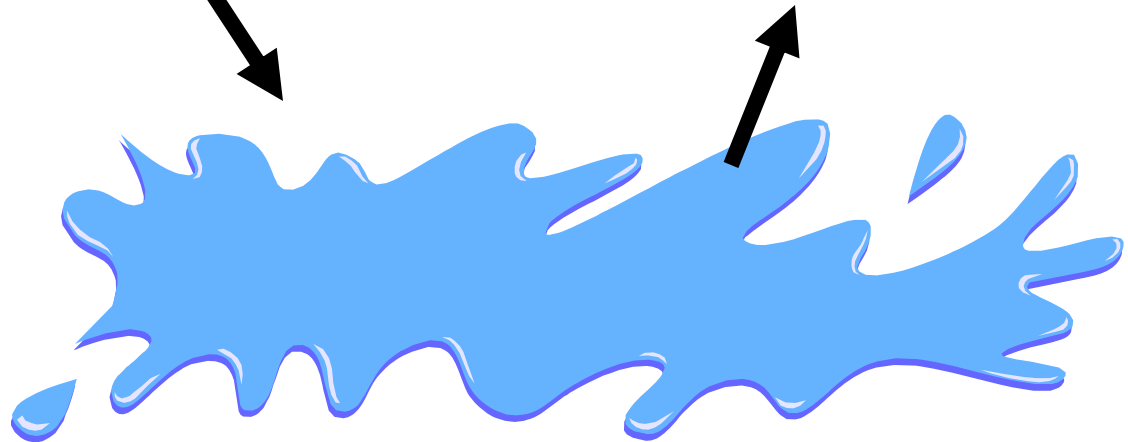
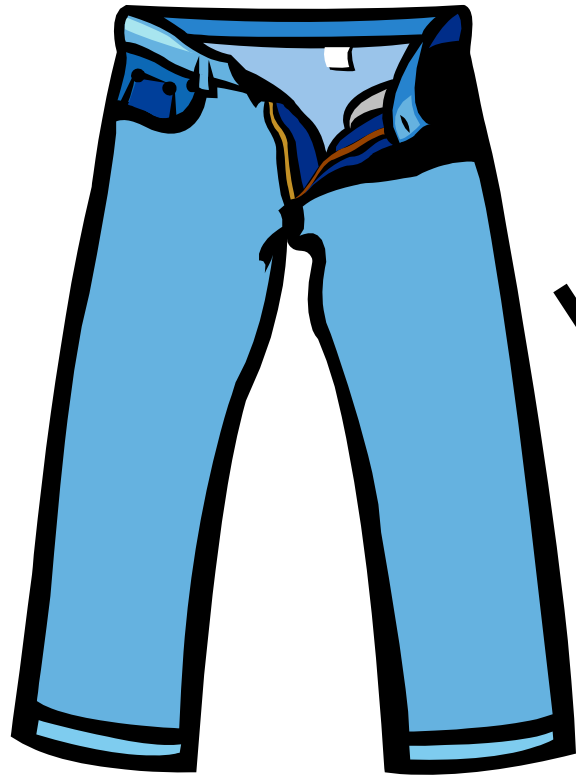
Also known as excellent insulators

- Goose down
- Wool
- Fur
- Polypropylene
- Nylon or Rayon
- Thermal blend artificial fabrics
- Straw



# Cotton kills

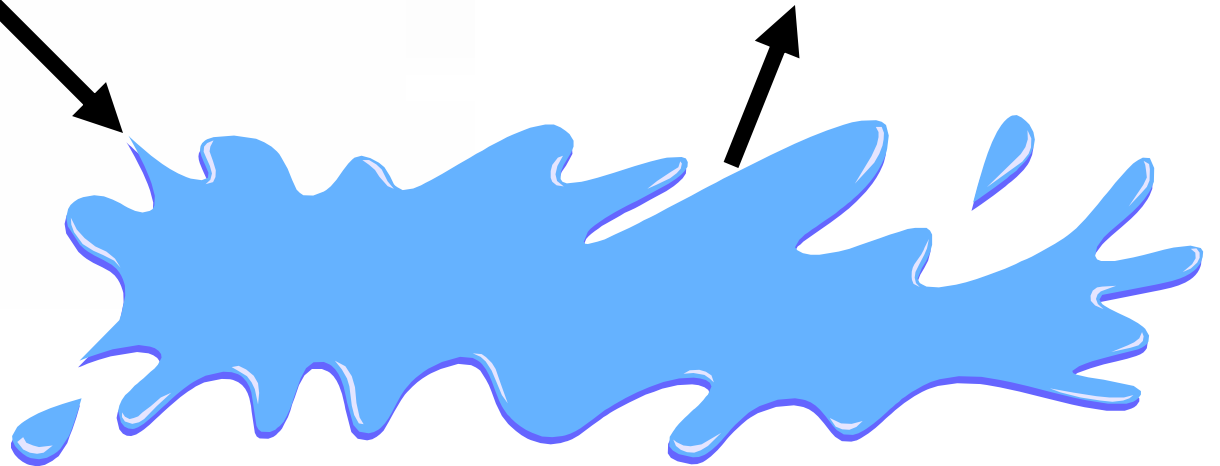
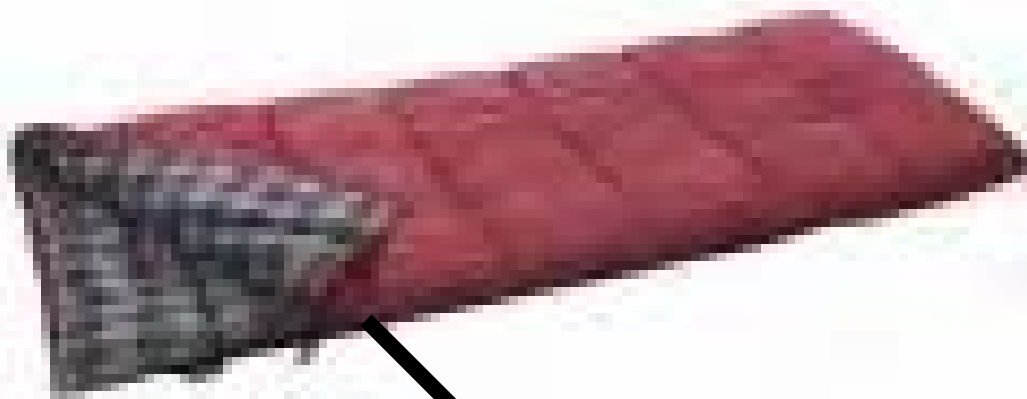
(by freezing)



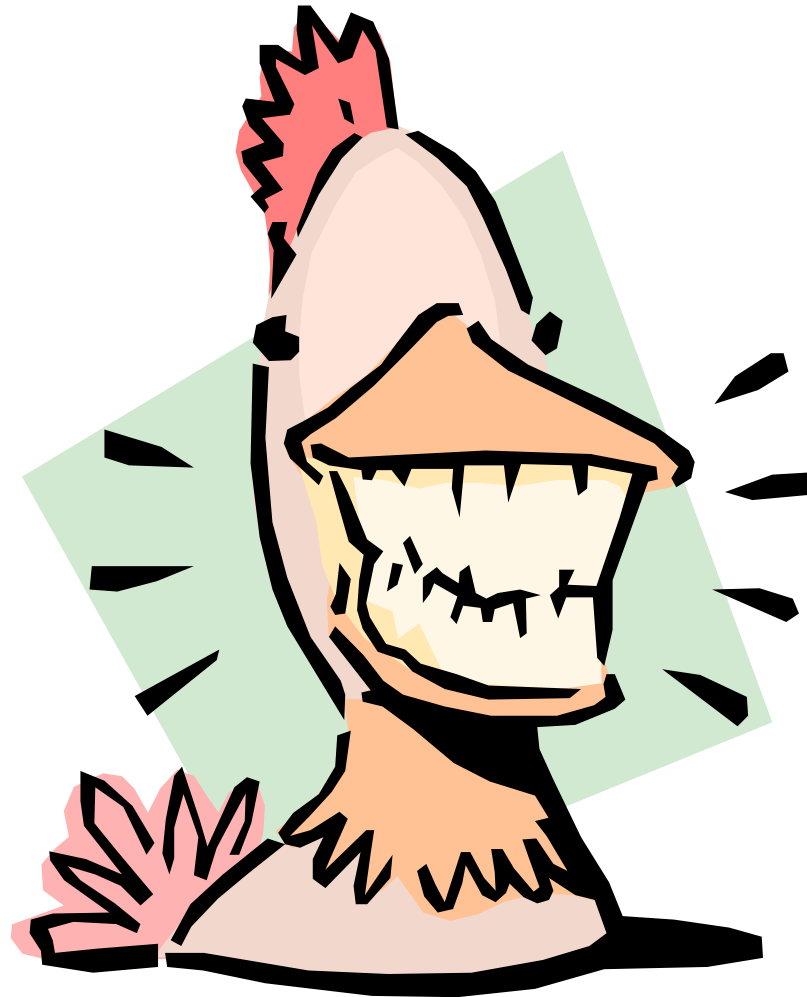
# Again!

## Cotton kills

(by freezing)



Time for SHOW AND DO!



What does a prepared Scout  
Wear?

What does a Dummy Wear?

# True or False

You actually stay warmer by sleeping in your underwear?

It is not the clothing or sleeping bag that is keeping you warm.

It is the dead air immediately around your body that is keeping you warm.

# Time for another scientific discussion



Discuss convection

# How do you keep dead air trapped against your body?

- Wear materials that have fibers that have dead air trapped in them.
- Best natural materials are wool, down, and fleece.
- Best man-made materials are polypropylene, holofill, thermasilk, synthetic or “polar” fleece, etc.

**FIRST LAYER.** Function: To trap body heat and push (or wick) moisture away from the body.

What material: Polypropylene (polypro), nylon, polyester, rayon, synthetic blends. Usually thin.

What type of clothing: Thermal underwear. Polypro socks. Polypro glove liners. **NOT COTTON—COTTON KILLS.**

**SECOND LAYER.** Function: To trap dead air around the body. If you are running or working, strip down to this level.

What material: Polypropylene, nylon, polyester, rayon, synthetic blends or wool. Usually a moderate thickness.

What type of clothing: Good wool shirt, synthetic pants, wool pants, long sleeve “lumber jack” shirt. **NOT COTTON—COTTON KILLS.**

**THIRD LAYER.** Function: To trap dead air around the body. If there is no wind, this level is the most common.

What material: Polypropylene, nylon, polyester, rayon, synthetic blends or wool or “Polar Fleece”. Thick.

What type of clothing: Fluffy pull-over shirt, wool sweater, “polar fleece” pants, thick wool pants, snow pants, snow bibs. **NOT COTTON—COTTON KILLS.**

**FOURTH LAYER.** Function: Shell. To trap heat. Stop wind. Should be “breathable.”

What material: Gor Tex, polyester, synthetic blends.

What type of clothing: Insulated winter or hunting coat that STOPS WIND that is thigh- or knee-length.

# Sleeping Gear

Remember to sleep with a dry, wool beanie cap on your head, and dry sleeping wear \*\* from clothing list



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Wool or down blanket

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Special subzero sleeping bag OR fluffy nylon sleeping bag stuffed inside another sleeping bag

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3-5" foam pad.

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Icy Cold Ground

# Where does your body lose the most heat?

- Head. Up to 70% of your body heat can be lost through the head.
- Neck.
- Feet.

# What dummies wear to winter

camp

