

WINTER SLEEPING SYSTEM

THE FOLLOWING SYSTEM HAS BEEN USED IN ALASKA AND WAS DEVELOPED BY JAMES PHILLIPS, WHO LIVES IN PLEASANT GROVE. THE SYSTEM CAN ALSO BE FOUND ON PAGE 343 IN THE OFFICIAL FIELDBOOK OF THE BOY SCOUTS OF AMERICA. NOTE: THERE ARE SOME VARIATIONS TO THE SYSTEM IN THIS PAPER.

MATERIALS:

12 FT X 12 FT PIECE OF "4-MIL OR THICKER" POLYETHYLENE SHEETING
1-2 IN LOW-DENSITY POLYURETHANE FOAM PAD 3 FT X 7 FT
3 FT X 7 FT NYLON CLOTH OR NEWSPAPER
SLEEPING BAG
STOCKING CAP
VEST

METHOD:

- 1 - SPREAD OUT THE 12 FT X 12 FT PLASTIC SHEET
- 2 - PLACE THE SLEEPING BAG UP SIDE DOWN 5 FT FROM THE OUTER EDGE LEAVING 2 FT TO 3 FT OF PLASTIC EXTENDING FROM BOTH ENDS OF THE BAG
- 3 - PLACE THE FOAM PAD ON THE SLEEPING BAG
- 4 - PLACE THE NYLON CLOTH OR NEWSPAPER ON THE FOAM PAD
- 5 - FOLD THE PLASTIC OVER THE ENTIRE BAG ASSEMBLY ONE SIDE FIRST THEN THE OTHER
- 6 - FOLD THE PLASTIC OVER THE FOOT OF THE BAG
- 7 - NOW FLIP THE ENTIRE ASSEMBLY OVER SO THAT THE SLEEPING BAG IS ON TOP OF THE FOAM PAD AND SO THAT THE PLASTIC FOLDED OVER THE FOOT OF THE BAG IS NOW UNDER NEATH THE BAG SO THAT THE WEIGHT OF THE BAG WILL HOLD IT INTO PLACE
- 8 - THE PLASTIC AT THE HEAD OF THE BAG ACTS LIKE THE TUNNEL OF AN IGLOO AND PROVIDES ACCESS TO THE BAG. NOTE: DO NOT FOLD THE PLASTIC AT THE HEAD UNDER THE BAG, THIS MUST REMAIN EXTENDING OUT PAST THE HEAD OF THE BAG
- 9 - TO GET INTO BED, OPEN THE END OF THE PLASTIC AND WHILE SITTING ON THE INNER SURFACE TAKE OFF YOUR BOOTS MAKING SURE TO KEEP SNOW OUT SIDE OF THE SYSTEM. NEXT SLIDE INTO THE BAG. YOU MAY WISH TO PLACE BOOTS UNDER THE HEAD OF THE BAG TO FORM A PILLOW, BUT REMEMBER NOT TO LEAVE BOOTS OUT SIDE OF THE PLASTIC. ONCE INSIDE OF THE BAG TAKE OFF PARKA AND DRAPE IT OVER THE TOP OF THE BAG ABOVE YOUR SHOULDERS AND BETWEEN THE BAG AND PLASTIC. ALTHOUGH NOT NECESSARY, YOU MAY WISH TO CHANGE INTO SLEEP WARE. WEARING A STOCKING CAP IS A MUST TO KEEP YOUR HEAD WARM. WEARING A VEST WILL HELP TO KEEP YOUR SHOULDERS AND BACK WARM.
- 10 - IF THERE IS SNOW FORECAST BUILD A STRUCTURE TO SUPPORT THE PLASTIC AT THE OPENING TO KEEP IT FROM CLOSING OFF YOUR AIR SUPPLY

THE TWO MOST EXCITING ADVANTAGES THAT HAVE BEEN FOUND TO THIS SYSTEM ARE AS FOLLOWS:

- 1 - YOU DO NOT NEED TO WORRY ABOUT ANY TEAM MEMBERS GETTING COLD NO MATTER HOW COLD IT GETS. WE HAVE USED THIS SYSTEM WHEN THE TEMPERATURE HAS BEEN BETWEEN 10 TO 20 BELOW ZERO
- 2 - THE SYSTEM HAS BEEN VERY COMFORTABLE IN THAT BEFORE, WE HAD TO RE-HEAT AREAS OF THE SLEEPING BAG AS WE WOULD TURN OVER. THIS SYSTEM HEATS UP THE ENTIRE BAG AND IT IS WARM NO MATTER NOW MUCH YOU MOVE AROUND.

IT IS IMPORTANT TO NOTE THAT ALL THE FABRIC AND INSULATION IN THE SYSTEM IS BREATHABLE AND THE WARMTH FROM YOUR BODY WILL DRIVE THE MOISTER THROUGH YOUR CLOTHING (EVEN IF WET) THROUGH THE SLEEPING BAG UNTIL IT HITS THE PLASTIC OF THE DEICING CLOTH (NYLON) AND FREEZES. IN THE MORNING YOU WILL FIND THAT YOUR CLOTHES AND THE SLEEPING BAG ARE DRY AND THAT THERE IS ICE ALL OVER THE INSIDE OF THE PLASTIC. SHAKE THE ICE OFF THE PLASTIC AND THE DEICING CLOTH AND YOU WILL BE READY TO GO ON WITH ACTIVITIES OF THE DAY. IT IS IMPORTANT TO DO THIS AND IF YOU ARE NOT TRAVELING AND THE SUN IS SHINNING IT IS A GOOD IDEA TO SPREAD OUT THE DIFFERENT PARTS OF THE SYSTEM TO DRY.

