

# Troop 157 Tips #1



We are an all weather troop. We camp as scheduled and the better prepared you are, the more fun you will have.

**What does LAYERING mean?** <https://www.rei.com/learn/expert-advice/layering-basics.html>

- A. Wearing multiple shirts and jackets when cold or hot
- B. Putting on stuff or taking off stuff when cold or hot
- C. Like a 3 layer cake, stack stuff on top of each other
- D. Using different materials and fabrics to create 'space' that will become warm and provide insulation
- E. All the above

## **Your BASE LAYER = moisture management = Your next-to-skin layer**

This helps regulate your body temperature by moving perspiration away from your skin. For outdoor comfort, your base layer should be made of **merino wool**, **synthetic fabrics** (polyesters such as Polartec Power Dry<sup>®</sup> or Patagonia Capilene<sup>®</sup>) or, for less-active uses, **silk**. Rather than absorbing moisture, these fabrics transport (or "wick") perspiration away from your skin, dispersing it on the outer surface where it can evaporate. The result: You stay drier even when you sweat, and your shirt dries faster afterwards. Long underwear is a good example.

## **Your MIDDLE LAYER = insulating layer helps you retain heat by trapping air close to your body**

Think of it as—Your trying to make airspace or bubbles next to you base layer to TRAP heat. So I might wear a wool long sleeve shirt and a wool or fleece sweater.

**Natural fibers** such as wool and goose down are excellent insulators. For very cold and dry conditions, goose down is best. It offers an unbeatable warmth-to-weight ratio and is highly compressible. Down's main drawback is that it must be kept dry to maintain its insulating ability. This could be an insulated down vest.

**Classic fleece** such as Polartec<sup>®</sup> 100, 200 or Thermal Pro polyester and other synthetics such as Thinsulate<sup>®</sup> provide warmth for a variety of conditions. They're lightweight, breathable and insulate even when wet. They also dry faster and have a higher warmth-to-weight ratio than even wool. Fleece is a little bulky.

## **Your SHELL LAYER = Weather Protection**

The shell or outer layer protects you from wind, rain or snow. Think of this as your jacket. Shells range from pricey mountaineering jackets to simple windproof jackets. Most allow at some perspiration to escape; most are treated with a durable water repellent (DWR) finish to make water bead up and roll off the fabric (If not, you can buy this repellent and spray on).

An outer shell is an important piece in bad weather, because if wind and water are allowed to penetrate to your inner layers, you begin to feel cold. Without proper ventilation, perspiration can't evaporate but instead condenses on the inside of your shell.

Fit is another consideration. Your shell layer should be roomy enough to fit easily over other layers and not restrict your movement. Something tight isn't the best choice.

## OK, But what does this really mean?

**You need to think about what you're going to wear when it's going to be cold outside. If you are prepared, you'll continue to have a blast and make memories. If not prepared, not so much fun, but you'll make some memories and learn some lessons.**

- ⇒ Don't forget some kind of hat. Knit cap or something like that. Cover your ears.
- ⇒ Gloves. Important. People say mittens are warmer. I usually bring two sets. If wet at night, put in your sleeping bag and let body heat dry them out.
- ⇒ If you forget your hat and gloves, you can improvise. T-shirt wrapped around your head. Socks on your hands.
- ⇒ Hand warmers, feet warmers. Can be purchased in almost any outdoor store. Usually gives you 10-12 hours of heat.
- ⇒ Socks. Don't put on layers of socks that make your feet sweat—now you got cold feet. Good thick wool socks should be great.
- ⇒ Shoes. Those light weight tennis shoes with the mesh sides NOT good. Need a good shoe that will keep your feet warm.
- ⇒ Clothes. Layer different materials. Wearing 3 cotton t-shirts NOT good. Cotton NOT good doesn't wick away moisture. Basically, long underwear, fleece, long sleeve wool shirt, and some kind of jacket.
- ⇒ Sleeping bag. Have the appropriate weight sleeping bag for the temperatures. If you are going camping and it's going to be 20 degrees, if the only sleeping bag you own is a 45 degree bag—you're going to be cold. But bring two sleeping bags. Put one inside the other, or on top of you. Bring a wool blanket. Sleep in long underwear. Wear a knit cap to bed. Put some hand warmers inside your sleeping bag. Put a hot water bottle at the foot of your sleeping bag (put cap on tightly). Go do a #1 before you go to bed. Eat a protein bar before you go to bed. Make sure you have some insulation under you—a sleeping pad, a blanket, a reflective car shade.
- ⇒ Tents. We can't afford to have a tent for every season. So a little thought may need to go into this. What if someone has a 4 season tent. This is a tent with minimal mesh siding. Maybe you should buddy up and share the tent. The body heat of two will keep you all a little warmer. Maybe bring that 4 man tent and put the patrol in it.
- ⇒ Fires. Only outside in appropriate camp fire circles. NEVER inside the tent. But since it's cold you're going to go thru a lot of wood, so the effort you put upfront (in the beginning) to collect the wood would be more beneficial. When you're cold no one wants to look for wood. So make a good collection, and cover you wood pile up at night, so it's dry for the morning fire.
- ⇒ Propane tanks for cooking. Put the tanks away when done, back into the trailer. Cold propane doesn't flow well. So somehow try to keep in protected from the elements. If you keep the tank outside, put something over it or around it, so it doesn't get super cold.
- ⇒ Water. First time I went camping in AL in the winter, all the water pipes froze in camp, some even busted. So, make sure your containers are full and put them away in the trailer or trucks. If you must keep outside try to cover them and keep the cold away from them. Same with personal water bottles. Bring into your tent and put into your backpack or even sleep with it.

