



**2023 FISHAWACK DISTRICT KLONDIKE DERBY!**  
**At Camp Somers, Mount Allamuchy Scout Reservation, Stanhope NJ**

**February 4, 2023**

**TIPS FOR SAFE COLD WEATHER CAMPING**

**Always use the buddy system.** If something happens to one, the other can get help.

**Dress in layers.** You control body temperature by adding more layers when you start feeling cold and removing layers before you overheat.

**Stay dry.** Damp clothing lowers body temperature and lessens clothing's insulating value. If you start to sweat, you're overdressed. If your clothing gets wet, change into clean, dry gear as soon as possible. Dry socks are especially important – keep an extra pair in a plastic bag. If you are staying overnight, change into clean, dry clothes before you go to bed.

**Eat a balance of nutritious foods.** Food produces energy to keep you warm. Think of your stomach as being a wood-burning stove. Sugary foods, like burning paper, provide a flash of energy that is quickly consumed. Complex carbohydrates, like kindling, produce energy over a longer period of time. Fats, like logs, produce lots of energy over a sustained period of time. Remember: It's the fire within that keeps you warm.

**Drink plenty of fluids.** In cold, dry weather, your body uses a lot of liquid, even if you're not active. Don't risk dehydration. Take frequent water breaks. Make sure to bring water. In extreme cold, keep the water bottle inside your clothing to keep it from freezing.

**Warm up with exercise, not campfires.** Campfires heat only one side of you and tricks the body into believing it doesn't need to generate its own heat. Also, your winter clothing insulates you from the heat just as it insulates you from the cold.

**Watch out for elastics.** Jackets and pants with elastic cuffs, if too snug, can slow or cut off circulation to fingers and toes, leading to frost bite. Tight waistbands, also, can seriously reduce the body's heating ability.

**Protect your face.** A scarf, neck gaiter, balaclava, helmet or facemask helps shield your face from dangerous exposure to wind and weather. Lip balm helps keep lips from chapping or bleeding.

**Heat rises.** Most body heat is lost at the extremities. Wear a hat, earmuffs, hood or a combination of these items. Gloves or mittens are essential (mittens are better for warmth).