

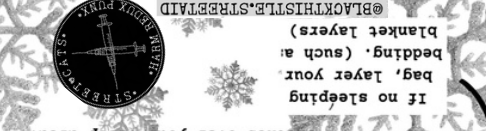
DO NOT SWEAT! If you're sweating, you're 100% hot! The goal is cozy, dry & warm. Sweaty, hot, or sauna puts you at risk for getting too cold again!



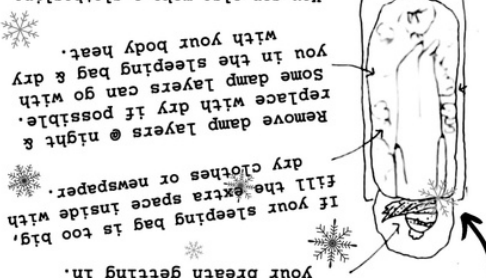
BONUS TIP: roll up sleeping bag & blanket together to make a "space sleeping bag" or liner for your sleeping bag. Or do the space blanket sleeping bag insertion with hand warmers.

Roll up in a space blanket with hand warmers inside. *Be the Burrito*

Tent & sleeping



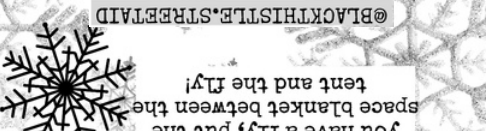
If no sleeping bedding (such as bag, layer your blanket layers) clothes over your sleep area. avoiding hanging drippy wet to dry, moving them frequently & across your tent and hang things to dry, making a clothesline



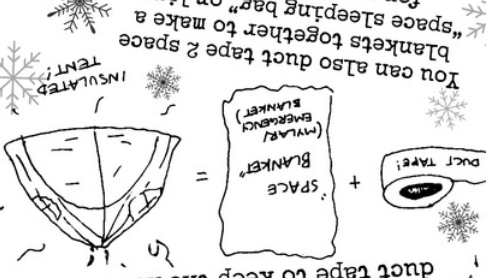
You can also make a clothesline with your body heat. Some damp layers can go with replace with dry if possible. Remove damp layers @ night & fill the extra space inside with dry clothes or newspaper. If your sleeping bag is too big, keep face & mouth covered with a sleeping pad or yoga mat or scarf/hat/hood & out of sleeping bag to avoid excess moisture from your breath getting in.

Sleep on cardboard. Keep face & mouth covered with a sleeping pad or yoga mat or scarf/hat/hood & out of sleeping bag to avoid excess moisture from your breath getting in.

No Tent?



If you don't have tape but you have a fly, put the space blanket between the tent and the fly!



You can also duct tape 2 space blankets together to make a "space sleeping bag" or liner for your sleeping bag. If you have an extra space blanket or tarp place or over the cardboard layer or use it as a first layer on the ground! OR if available, raise your tent up on a wooden pallet.

Line the inside of your tent walls with space blankets & duct tape to keep the heat in.

Tent & sleeping



Place cardboard under your tent & inside on the tent floor for insulation. (Min 1/2 inch thick recommended) Place extra cardboard, yoga mat, or foam pad where you sleep.

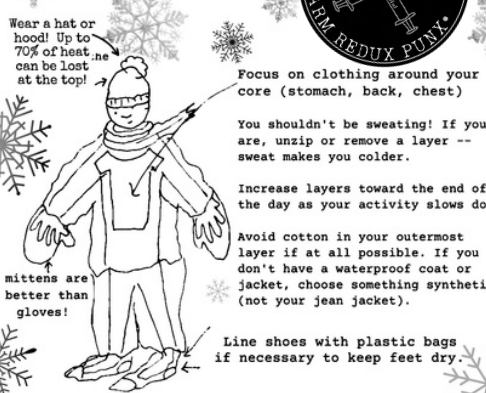


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Tent & sleeping

Layers



Wear a hat or hood! Up to 70% of heat can be lost at the top!

Focus on clothing around your core (stomach, back, chest)

You shouldn't be sweating! If you are, unzip or remove a layer -- sweat makes you colder.

Increase layers toward the end of the day as your activity slows down.

Avoid cotton in your outermost layer if at all possible. If you don't have a waterproof coat or jacket, choose something synthetic (not your jean jacket).

Mittens are better than gloves!

Line shoes with plastic bags if necessary to keep feet dry.

Wear close-toed shoes, & do your best to keep feet dry! If possible, wear a thin sock under a thick one. Make sure feet warm up & are dry the end of each night.

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Calories

Think of calories as our own internal "logs" that we burn to keep us going. We burn through a lot of these logs when it's cold out!!!

- Eat foods that are high in fat/protein if possible especially when you first wake up. (Think paj or nut-based protein).
- Eat a big dinner at night to give your body enough fuel for the night.
- Keep a snack handy in your tent to replace lost calories if you wake up cold.
- If you need to pee, get up & do it! Holding it only means your body is working extra hard to keep all that fluid warm to. (You can also pee in a bottle or bucket in your tent to avoid going out in the cold)
- Decrease your alcohol & caffeine consumption if possible & do your best to stay hydrated. Alcohol may make you feel warmer, but it actually increases your heat loss & increases your risk of hypothermia.
- Drink lots of water! Dehydration happens even in cold weather! Add butter in your coffee or hot cocoa as an easy way to get extra fat/calories into your body (and it tastes pretty good too!)

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Random Tips

- If you have a fire, heat a patio brick or river rock & bring it into the tent with you. Be warned: River rocks can explode with drastic temp changes (fire to cold air), be careful if you choose to use them for heat!
- Hand sanitizer makes great fuel in a pinch & can burn in a can (like a soup or beer can) as a small stove if need be. Fold in the top lip of the can so that if it gets knocked over it is less likely to spill everywhere.
- Fill a reusable water bottle with hot water or drink at night to bring into bed with you. Make sure lid is on tight!! Know that if you do this, there is risk of bottle spilling/cracking leaking & you wake up in a frozen puddle with hypothermia! Only use a bottle that is heat/cold tolerant (not a glass jar). You can use a beer/drink cozy duct taped around your bottle to help liquids stay warm & not freeze/crack open at night.
- On freezing nights, place your shoes in a bag & place the bag of shoes inside your sleeping bag to prevent them from freezing! (Put em @ the bottom of the sleeping bag)
- You can also stuff your shoes with newspaper to help absorb moisture!
- Place the bottom of your sleeping bag inside a large garbage bag to prevent outside moisture & keep your feet dry at night.
- Use smaller ziplock/plastic bags for smaller amounts.
- Line the inside of your backpack with a trash bag to keep contents dry.
- Don't use glass or bottle not meant for cold/heat combos
- Don't make this potentially deadly mistake!

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WINTER TIPS

When it's cold & you're in it

FROM @BLACKTHISTLE.STREETAID