

Rules and Instructions for Keeping Warm in the Sack

By Chris Haggerty

1. REMEMBER: The sleeping bag doesn't heat you; you heat it. If you're cold, add some more insulations (blankets, clothes).
2. DO NOT SLEEP IN BOTTOM OF BAG: Your breath contains water. If you close your bag with your head inside, then this water sticks to the bag. Wear a hat to keep your head warm.
3. CHANGE CLOTHES: *NEVER* sleep in wet clothes. Even perspiration will chill you at night.
4. EAT A CANDY BAR: This increases your metabolism (moves your blood faster) and it helps keep you warm.
5. GO TO THE BATHROOM BEFORE BED: This saves you a middle of the night trip in the cold.
6. DO NOT DRY "WET" CLOTHES IN BAG: Moisture will travel from wet clothes to sleeping bag.
7. PUT TOMORROW'S CLOTHES UNDER BAG: This heats up clothes for tomorrow's cold morning and provides more insulation.
8. FLUFF UP YOUR BAG: Always fluff up bag before using to create the thickness important in keeping warm.
9. MOST IMPORTANT, KEEP IT DRY: Keep all your sleeping gear dry and follow these rules, and winter camp should prove to be a rewarding experience.

IMPORTANT STUFF TO KEEP IN MIND

1. Clothing does not make you warm; it is your body processes that keep you warm. Clothing merely provides the insulation to preserve your warmth.
2. Layered thickness is warmth.
3. Keep your torso warm so that it can send heat to the extremities.
4. Avoid sweating by ventilation.
5. Keep rain and wind out of your insulation.
6. Strain one muscle against another to maintain metabolism.
7. Wool clothing is best but needs wind protection, synthetics are next best. Down is OK if it stays dry, cotton is a poor choice.
8. Wear a Hat – We lose heat from our heads. It's not an old wives' tale: If your feet are cold, put a hat on.
9. Keep off the ground – sleeping warm means insulating yourself from the ground. A good insulating pad is important.
10. Remember the word "COLD"

Keep your clothing	Clean.
Avoid	Overheating
Wear clothing	Loose
Keep it	Dry