**Winter camping Skills Instruction Syllabus**

**Syllabus**

1. Introductions
2. Trash bags wrap around arm.
3. Train the Trainer
4. Acronyms/sayings
   1. PMA Positive Mental attitude.
   2. COLD Clean/Overhead/Layers/Dry
   3. Cotton kills.
   4. WWW Wicking warmth weather.
   5. Review Trash bags.
      1. Perspiration
   6. DOD Drinking water or die /dehydrate.
      1. Summertime … Winter is just as important.
      2. Do not chug water. Sips are good.
5. Planing is important for a successful campout.
   1. Set date early.
   2. Plan the activity. Planning is KEY. All should know.
      1. Where you are going.
      2. Distance
      3. Travel time
      4. Assigned vehicles.
      5. Contact list
         1. Know who is all attending.
         2. Parent/Guardians
         3. Leaders on camp out cell phones
         4. Destination phones.
         5. Emergency contact list.
            1. Nearest hospital.
         6. NOTE--- Be Prepared.
   3. Track weather forecast.
   4. Everything takes longer and moves slower in cold weather. Plan for it.
   5. Days are shorter in winter. Be aware that daylight is a limited resource that reduces the time available to setup up camp.
   6. Backup Plan.
      1. If weather does not permit camping, plan an indoor activity.
         1. Lock-in at a YMCA, church or gym etc.
6. Safety.
   1. First aid kit. Required for every camp out.
      1. Scouts encouraged to have personal 1st Aid kit.
   2. Conserving Body heat Prime Objective.
      1. No tennis shoes. Open toed.
      2. Parka – covers all
      3. Ways of loosing heat
         1. radiation – bare skin.
         2. conduction – sitting on the ground cold bench
         3. convection – wind
      4. Keeping warm in the sac.
         1. Remember: The sleeping bag does not heat you, you heat it.
         2. Do not sleep in bottom of bag: humidity build up in bag.
            1. Mummy bag is best as you can cover everything expect for your mouth and nose.
            2. Wear stocking camp if you do not have a mummy bag.
         3. Change cloths before bed....
            1. Put on Tomorrow's cloths.
            2. First winter camping story.
         4. Fuel the engine: Eat bedtime snack.
         5. Stop drinking hour before bed and then go to bathroom before bed.
         6. Do not dry cloths in bag. Moisture.
         7. Tomorrow's cloths under bag. Heat up cloths for the morning and adds insulation.
         8. Fluff your Bag: Better insolation.
         9. Cover zipper: loss of heat.
         10. Keep it Dry..
             1. Liners. Prevents sweat from getting in bag.

Can be left out of bag during day to dry out.

* 1. Never build fire near tents.
  2. No flames in tent.
  3. Buddy system is important in winter as well.
  4. When hiking in winter,
     1. Never travel more than 5 miles per day to prevent fatigue that encourages accidents.
     2. Rest occasionally.
     3. When hiking you are generating heat, so opening coats is OK, but when you stop zip up to prevent too quick of heat lost.
  5. Sunscreen. Snow can reflect and cause sunburns.

1. Packing.
   1. Contents of backpack.
      1. Zip-lock / grocery bags. Easy access. More than one.
      2. Flashlight. Small/alkaline/LED easy access.
      3. Personal First aid. Band aids.
      4. Toiletries in separate zip-lock a good Idea.
         1. Tissues/TP
         2. Toothbrush/tooth past
      5. Sleeping Bags/liner. Dan's Story.
      6. Large water bottle. Less likely to freeze compared to small bottles.
      7. Sleeping Pad. Closed cell.
      8. Cloths bagged separately.
         1. Tea shirt, socks, underwear in 1 gallon zip-locks
         2. Pants in separate zip-lock.
         3. Extra day of cloths.
2. Cooking
   1. Windscreen when cooking. Dinning fly is good idea.
   2. Cook times will be longer.
   3. Hot Meals for breakfast, Noon, and Dinner Very important. Warm food helps keep the boys warm. Dutch ovens are the best for cooking in winter.
   4. Meals should be 1 pot meals.
      1. Breakfast hungry man.
      2. Lunch/dinner: Chicken on rice with veggies etc.
      3. dinner/supper: Chilly.
   5. Prepare chopped foods like carrots, cheese, summer sausage, and ingredients for meals at home. Make meal preparation a lot easier in winter. It is hard to chop carrots, onions etc. with Gloves on.
   6. Keeping food cold is usually easy.
   7. Backup foods in case cooking a hot meal does not work.. Trailsmix, summer sausage, Granola bars. Again... Hot meals are preferred.
   8. Bring more than what you think is needed.
   9. Keep hot water ready all day long for hot coco or cup-a-Soups. These warm from the inside.
   10. Fill a coffee pot before going to bed. It is easier to melt water in a coffee pot than it is to pour ice.
   11. Don't make deep fat fried food. Oil and water do not mix.
   12. Avoid metal cups whistles etc.
3. Tents.
   1. Selecting campsite
      1. avoid low hanging branches, dead trees.
      2. Designated camping Ares are normally safe from falling trees
      3. Avoid low lying areas as cold settles, or ridges as wind can be afactor.
      4. Be aware of avalanches.
      5. Face south. Morning sun.
      6. Water availability.
      7. Level ground.
   2. Setting up tent.
      1. Clear snow way or stop it down.
      2. Put down Ground cloth.
      3. Cardboard boxes next if available.
      4. Tent on top of cardboard.
      5. Tie down Tent. Winter winds and cave in tents.
   3. Ventilation.
      1. Tents will hold humidity and warmth.
4. Clothing
   1. Bright colors recommended.
   2. Layers:
      1. More flexable.
      2. Easier to pack.
      3. Easier to shead.
   3. Cotton Kills.... no insulation when wet.
   4. WWW
      1. Wicking – Polypropylene
      2. Warmth – wool or fleece
      3. Weather/water – Gore-tex or 60/40 nylon.
   5. Bring extra hand covering. Mittens better than gloves.
   6. 2 socks per day.
   7. Snow pants/ boots if you plan snow activities.
   8. Bread sacs to cover socks. Keeps boots dry.
   9. Loose boots. Tight boots will restrict blood flow.
5. New Scouts
   1. Review check list with them weeks ahead of time.
   2. Review check list with them on day of camp out before you leave for the camp out.
6. Fire starters.. How to make.
7. Long-lasting hand warmers and dry out wet boots over night.
8. Small items should have Dark colored cords on in case they get dropped in the snow.
9. Propane is a good winter fuel.
   1. Good down to 40 below.
   2. 20 lb tanks recommended.
10. Emergencies.
    1. Hypothermia
       1. How to detect.
       2. What to look for.
    2. Dehydration
    3. Shock