

Troop 16 Cold Weather Survival/ Camping

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THE EASY PART.....PLANNED CAMPOUTS

- A Plan
- The Right
Equipment
- Proper Mental
Attitude

Plan



Equipment

Attitude



COLD WEATHER COMFORT & SAFETY

- C keep yourself and your clothes Clean.
- O avoid Overheating.
- L wear clothes loose and in Layers.
- D keep Dry.



UPON ARRIVAL AT CAMP

- Set up tent and unfold sleeping bag.
- Lay out sleeping pad so it will expand.
- Position your tent so it is protected from the wind.
- Gather firewood early



BEFORE GOING TO BED:

- **Remove all clothing including underwear. This means socks too!**
- **Put on clean and dry underwear and socks as well as thermals if needed. Do not wear Cotton!**
- **Wear sock made of wool or polyester fleece (such as Polar Tec 300).**
- **Wear a warm hat. You lose most of your heat at your head**
- **Ventilate you tent**
- **Eat a candy bar or other high energy snack.**
- **Go to the bathroom before bed!!!!**
- **Get warm before you get in you bag**




KEEPING WARM IN THE SACK

- The Sleeping bag does not heat you.
- Insulate under your sleeping bag.
- Tighten the entrance to your sleeping bag so it is snug
- Do not breath in your sleeping bag to get warm.....you will be colder in the end.
- Sleeping bags for winter camping need to be rated
- If you need to PEE! GO or you will never get back to sleep
- If at night you get cold.....let the adult leadership know immediately.
- Always use the buddy system.

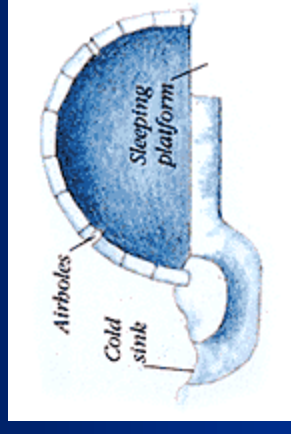


During the Day:

- Do not hang out near the fire
 - Layer your clothing.
 - Avoid sweating by ventilating.
 - Wet feet will make you cold and miserable.
 - Where a wind and rain proof layer.
 - Never let yourself become over heated.
 - Eat Well!
 - Drink plenty of water
 - Gather wood early. .
 - **ALWAYS USE THE BUDDY SYSTEM.**
- 

BUT WHAT IF

- You get stuck in a winter survival situation..... Would you be ready???????
- Not all survival situations happen in the woods.
 - I'M COLD I'M WET
 - I WANT TO GO HOME
 - I WISH I HAD LISTEN



IT IS NOT ALWAYS ABOUT BEING CAUGHT IN THE BACK COUNTRY....

- **When Caught in a Winter Storm**
 - Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snow.
- **Outside**
 - Seek shelter to stay dry.
 - Cover all exposed parts of the body.
 - If no shelter is nearby, prepare a lean-to, wind-break, or snow cave for protection from the wind. Build a fire for heat and to attract attention.
 - Do not eat snow as it will lower your body temperature. Melt it first.



Figure 15-5. Lean-to made from natural shelter.

When Caught in a Winter Storm

- **In a Vehicle**
 - If you have a cellular phone, call for help.
 - Stay in your vehicle. Disorientation occurs quickly in wind-driven snow and cold.
 - Run the engine (after making sure the exhaust pipe is not blocked and opening windows a little for fresh air to avoid carbon monoxide poisoning) about ten minutes each hour for heat.
 - Make yourself visible to rescuers. Turn on the dome light at night when running engine. Tie a colored cloth (preferably red) to your antenna or door. Raise the hood indicating trouble after snow stops falling.
 - Exercise from time to time by vigorously moving arms, legs, fingers, and toes to keep blood circulating and to keep warm.



Winter Storm Survival Kit for Cars

- Keep the following items in your car during the winter. Make sure you do not leave without them:
 - blankets/sleeping bags
 - high-calorie, non-perishable food
 - flashlight with extra batteries
 - first aid kit
 - knife
 - extra clothing to keep dry
 - a large empty can and plastic cover with tissues and paper towels for sanitary purposes
- a smaller can and water-proof matches to melt snow for drinking water
- sack of sand (or cat litter)
- shovel
- windshield scraper and brush
- tool kit
- tow rope
- booster cables
- water container
- compass
- road maps



When Caught in a Winter Storm

- **At Home or in a Building**
 - Stay indoors. When using *alternative heat* from a fireplace, wood stove, space heater, etc. use safeguards and ensure proper ventilation.
 - If you have no heat, close off unneeded rooms and place towels or rags under the doors. Cover windows at night.
 - Eat to supply heat and drink to avoid dehydration.
 - Wear layers of loose-fitting, light-weight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.



If it does happen.....

- **IT IS ALL UP TO YOU**
- **Positive Attitude**
- **Plan**
- **A Survival Kit (A scout is always prepared)**
- **Everything works out fine for those who plan ahead.....**



Survival Priorities

- Positive Mental Attitude
 - Of number 1 importance
- First Aid
- Shelter
- Fire
- Signaling
- Water
 - A person can only a few days without water
- Food
 - A person can live several weeks without food



The Preparedness Kit

- Instant Body Shelter
 - Trash Bag
 - Space Blank
- Fire Starting Material
 - Matches
 - Metal Match
 - Steel Wool and a 9V Battery
- Signaling Device
- First aid Kit



SHELTER

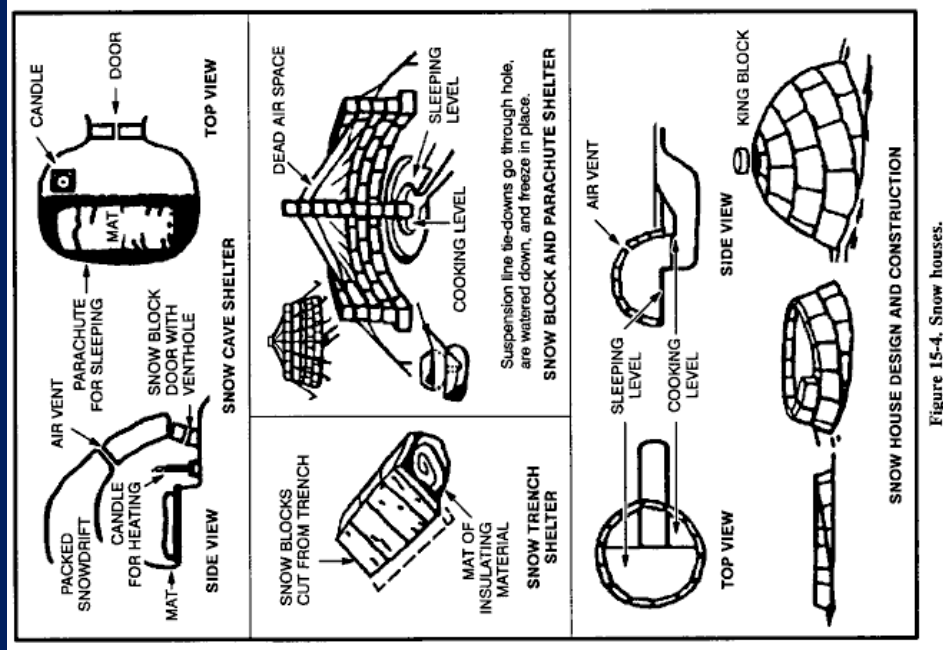
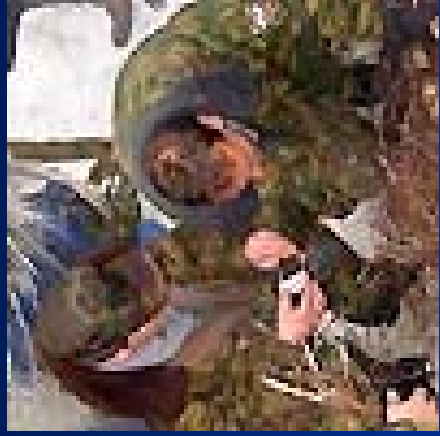
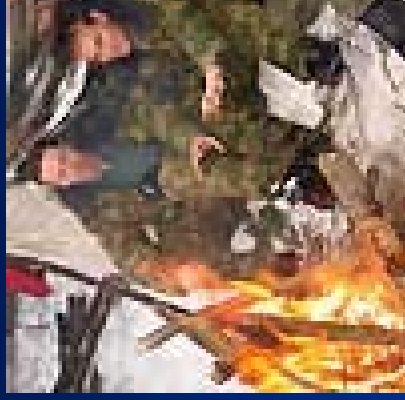


Figure 15-4. Snow houses.



Figure 15-6. Fatten tree as shelter.

WARMTH



SIGNALING

Number	Message	Code symbol
1	Require assistance.	V
2	Require medical assistance.	X
3	No or negative.	N
4	Yes or affirmative.	Y
5	Proceed in this direction.	↑

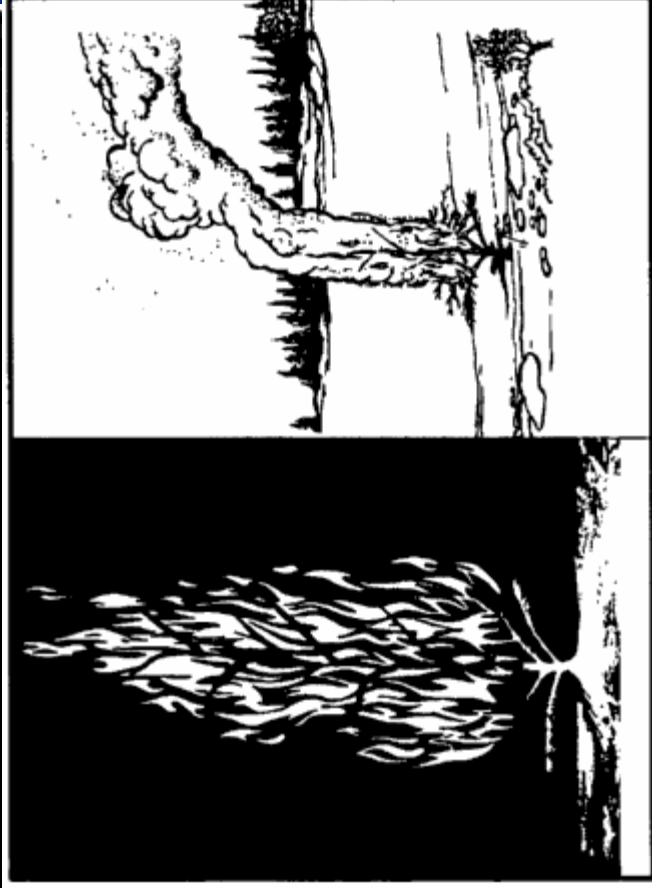




Figure 19-1. Tree torch.

HOW TO USE THE MK-3 SIGNAL MIRROR

- 1 Reflect sunlight from mirror onto a nearby surface (raft, hand, etc.).
- 2 Slowly bring up to eye level and look through sighting hole. You will see a bright spot or light. This is the aim indicator.
- 3 Hold mirror near the eye and slowly turn and manipulate it so that the bright spot of light is on the target.
- 4 In friendly areas where only rescue by friendly forces is anticipated, free use of the mirror is recommended. Even though no aircraft or ships are in sight, continue to sweep the horizon. Mirror flashes may be seen for many miles, even in hazy weather. In hostile areas, the signal mirror must be used as an aimed signal only.

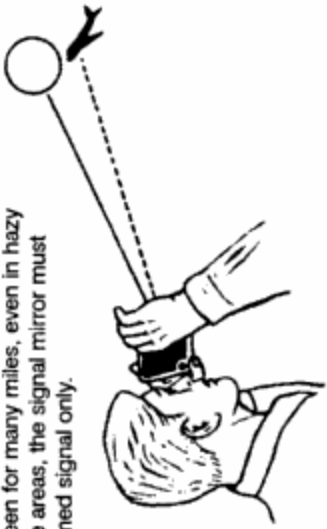


Figure 19-3. Signal mirror.

YOU WILL MAKE IT.....

- Positive Attitude
 - You have shelter
 - You have fire
 - You have your rescue signals out
 - You are out of the weather and warm.
 - You are in the MONEY!!!!
 - Positive Attitude

