

## WINTER CLOTHING

When winter camping, dress in layers so you can easily adjust your clothes to regulate body moisture and temperature. Three types of layers are considered normal: a liner layer against your skin (long johns), an insulation layer (fleece), and a water- and wind-proof outer shell.

In the winter, COTTON KILLS. Cotton loses its insulating qualities when it gets wet, whether from rain or sweat. Cotton also takes a long time to dry out. Wool or synthetic materials are much better suited to winter camping in cold weather conditions.

Your boots should have waterproof outer shells such as oiled leather or plastic. Even though fabric and leather boots may have Gore-tex linings, the outer layers will absorb water which will eventually freeze, placing a block of ice next to your foot.

Protect against heat loss through your head by wearing a toque, balaclava, etc. Over half of your body heat can be lost through your head. One saying goes, "If your feet are cold, put on a hat."

A balaclava helps protect your face and neck from cold and wind. It can also be worn as a toque or a scarf.

Do not wear too many pairs of socks. If the blood flow to your feet becomes constricted, your feet will get cold regardless of how many socks you have on. Tightening your boot laces too tight will constrict the blood flow as well.

Make sure your gloves, especially liners, are not too tight on your hands. If they are too tight, they can constrict the blood flow and keep your hands from warming up.

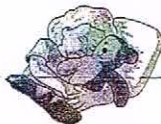
Gaiters will keep snow, rain, etc out of your boots and therefore help keep your feet drier and warmer. Gaiters also add another layer of material around your lower legs to help keep them warm.

Attach "dummy cords", or security cords to your mittens to prevent losing them in windy or snowy conditions.

Carry extra gloves or liners to change into if your first pair gets wet. Gloves can be dried out overnight in your sleeping bag.

Be sure to carry plenty of dry socks. Wet socks can be dried overnight in your sleeping bag, preferably by placing them close to your body.

Extracted from: <http://www.backpacking.net/wintertips.html>



## CAMPING AND THE GIANT BEDTIME HUG

Going to camp for the first time can be a bit scary for those girls who have never been away from home. From a five year old Spark to a fourteen year old Pathfinder, a giant bedtime hug can be just the thing that makes a good night's sleep for both her and you.

Once the girls are all ready for bed with their pyjamas on, teeth brushed and hair combed, have the girls get their night time buddy they have so nicely rolled up in their bedroll. Gather the girls in a big circle. Introduce your bedtime buddy giving its name and why you brought it to camp. Then have the girls go around the circle and introduce their special friend too.

Once it gets back to you, have the girls make one BIG hug circle by putting their arms around the girls beside them. You start the giant bedtime hug by telling the girls to say something sweet to the person next to them that will help them go to sleep. Say things like: Good night- sleep tight, good night in another language, sweet dreams, etc. Once each girl has said good night, have the girls in the circle give each other a big squeeze.

I have done this with my Spark unit all of the way up to Guides. I found this has helped those girls who are missing mom and dad because it makes them feel safe and comfortable.

Once that has all been done, get the girls tucked into bed. Shut the lights off and give the girls some "flashlight time". They have a blast doing this, and it is legal. They won't get into trouble for playing with their flashlights.

Have a great time at camp!