

Winter Camping Guidelines



There will be some of you that may want to be daring and sleep in a tent overnight at the WAH weekend. This document is a guideline to use if you decide to sleep in a tent for an evening and the outside temperatures are 35 F and below. These guidelines are given and have been tested with various WAH guys doing winter camping where temperatures dipped into the mid teens. If you follow these guidelines, you will survive your winter night experience.

WAH has a patch for those individuals who do sleep in a tent overnight and the temperatures are 35F and below.

Guidelines:

1. Mummy sleeping bag is the best choice because it allows you to fully enclose yourself inside the warm sleeping bag. The problem with an open top sleeping bag is the heat inside the sleeping bag rushes out the top opening. Whereas the mummy sleeping bag has a head compartment and drawstrings to allow you to pull close to keep heat in.

If you have an open top sleeping bag, bring a blanket so that you can use it to cover your upper side and around your head to keep heat in.

2. To add to your heat we have used another sleeping bag that is the open top style in which we inserted the mummy sleeping bag inside it and used the outside sleeping bag as added insulation.

Using a blanket also helps, if you don't have a second sleeping bag.

3. Pillow is nice because it keeps your head from being on the cold ground.
4. If you have an extra blanket you can place it under your sleeping bag to be used as added insulation from the cold ground. If you have an air mattress that will give you insulation.
5. When going to sleep, it is important that you change your cloths to dry cloths. Don't go to bed with the cloths you wore all day, it has moisture and will wick the warmth away from your body. You may feel hot when you go to bed in your cloths that day, but rest assured you will get cold. Put on a complete set of new dry cloths, a tee shirt, shorts, or themals and socks.
6. A hat or skull cap is a good idea since most of your heat escapes from the top of your head. If you have a hat on, you will be comfortable.
7. Hand Warmers are great. Just before turning into your sleeping bag, take about 3 hand warmers and activate them and throw them into your sleeping bag 15 minutes before turning in. These hand warmers are good for 6-7 hours and believe me do provide enough heat throughout the night to keep you warm. In fact some individuals have complained at times they kept them too warm. You can move these packets around in our bag to stabilize temps.

Note: You can get hand warmers at Walmart or any sporting store.

Summary

In summary you should have a good experience in winter tenting if you follow the guidelines posted. You won't die; we have done camping down in the teens and had a good experience. With the invention of the hand warmers, the experience is good.

On the weekend event if you decide to winter camp on Friday night you can then reward yourself to the climate controlled bunk house room on Saturday.