

## Snowcamping Essentials

from Greg Andreas

1. **Layers of clothing:** (i) wicking next to your skin, (ii) warmth (more than one if needed) and (iii) weatherproof (wind and water).
2. **NO COTTON!** Instead use these materials: wool, silk, down, fleece, polypro, or capilene; they are all okay.
3. **Adjust your clothing** – don't let yourself get too hot or too cold. Add or subtract layers, zip up or down.
4. **Drink.** Keep yourself hydrated. You will be losing water without realizing it.
5. **Boil.** Boil all water before drinking if you are using snowmelt.
6. **Eat.** Take in plenty of food – including snacks between meals; your body is burning up a lot of calories in the cold.
7. **Boots.** Be sure you have lots of wiggle room in your boots.
8. **VBL (Vapor Barrier Layer).** If your feet are cold put plastic newspaper bags under your outer socks and pull your boots back on. (bring 2 plastic newspaper bags)
9. **Pad.** When you are sitting or standing in the snow make sure you have an insulation pad under you.
10. **Shelter.** Usually a snow shelter will be warmer than a tent, but a tent can be used in a wider variety of conditions.
11. **Sleeping Bag(s).** If you don't have one warm enough sleeping bag, put another bag inside of it (double bag)
12. **Stay Found.** Know where you are and use the buddy system.
13. **Leave no trace.**