



YERBA BUENA LODGE

ORDER OF THE ARROW

WINTER CLOTHING

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Winter Camp Awareness Training
2021

2021 Winter Camp Awareness
training

1. KEEPING WARM



- Clothing doesn't make you warm, it provides insulation.
- Keep your torso warm so that it can send heat to the extremities.
- Avoid sweating by ventilation.
- Cover your head when cold, remove when warm.



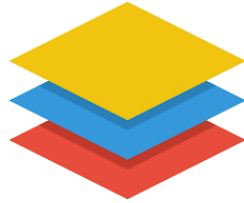
2. TYPES OF MATERIAL

- Wool
 - Good, needs wind protection
- Synthetics
 - Inner layer, wicks sweat
- Down
 - Good, if wet it loses ability to keep you warm
 - Lightweight
- Cotton
 - Cotton is a bad choice, doesn't dry easily



**Cotton gets wet,
wet gets cold,
cold is bad!!!**

3. LAYERING



- Inner Layer
 - Wool / polypropylene long underwear forms tight layer around your skin
 - Cotton long underwear is a poor choice. **Does not** wick sweat away from skin
- Second Layer
 - Polyester pants
 - Most of the scout zip-off pants are made of Polyester.
 - Polyester pants when wet, will dry quickly
 - Polyester Shirt



3. LAYERING *CONTINUED...*

- Third Layer

- Snow pants
- Insulated Snow jacket (should be final layer).

- Rain or Wind Jacket.

- This will keep you dry from the snow. If you don't have a good third layer, wear more layers and one of these.

- Complete Change of Clothes:

- Have extra clothes so you can stay dry



3. LAYERING *CONTINUED...*

- Gloves
 - Waterproof outer shell and inner liners.
- Mittens
 - Mittens can be warmer, **difficult to utilize fingers**
- Scarf
 - A wool / fleece scarf is handy for keeping your neck warm.
- Beanie or Balaclava
 - You can lose heat from the head, a beanie will keep your head warm



4. FOOTWEAR

- Boots
 - Snow boots are 100% Water**PROOF**, and well insulated. Enough to keep you warm in temperatures below 0 degrees.
- Socks
 - The best materials for socks are wool, merino wool, or a polypropylene blend.
 - **NO COTTON**
- Sock Liners
 - Sock liners can be used as an extra sock layer.
 - Sock liners are made of silk, nylon, or merino wool, and are worn underneath your sock.

4. FOOTWEAR

Boot Requirements:

- 100% Waterproof
- Comfortable below 0° F weather
- Thick rubber/insulated sole.
- 800 gram Thinsulate {minimum}
- Thermal Reflective liner
- Primaloft

Sock Requirements:

- **Materials:** Wool, Merino wool, or Polypropylene blend.
- Moisture wicking
- Breathable
- Length above the boot

4. FOOTWEAR

Gaiters

- Gaiters are wrapped around the top of the boot and the middle of the calves to keep out snow.
- Most snow pants have built-in gaiters.



Plastic Bags (last resort)

Place foot into plastic bag, then put into boot. **ONLY DO THIS FOR
LAST RESORT!!!**

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Footwear (*tips and tricks*)

1. Purchase a pair of boots that are **ONE SIZE UP**
2. **DOUBLE UP** your socks inside your boot
3. Sleep with boots **INSIDE SLEEPING BAG** (place inside of a garbage bag at the bottom of sleeping bag)
4. Use **BOOT PADS** inside your snow shelter

5. Items for Eyes

- Ski Goggles
 - Wearing ski goggles help prevent snow blindness
 - Help keep face warm
 - Prevents snow from entering
 - **May be pricey**
- Sunglasses
 - Needs **GOOD** UV protection!!
 - Cheaper than goggles
 - **Not as warm**
 - **Not good for certain snow events**



6. Skin Protection

- Sunscreen
 - Sun shines, snow reflects light, sunlight still hits face
 - Apply sport/swimming sunscreen (no aerosols)
 - Need SPF 30+
 - Light reflecting everywhere vs. just sun (like at beach)



7. Full Change of Clothes

- How Many Changes of Clothing Should I Bring?

Clothing Piece	Quantity
Boots	1
Socks	4-5 Pairs
Snow Jacket & Snow Pants	1 Of Each
Second Layer	3 Pairs
Inner Layer	3 Pairs

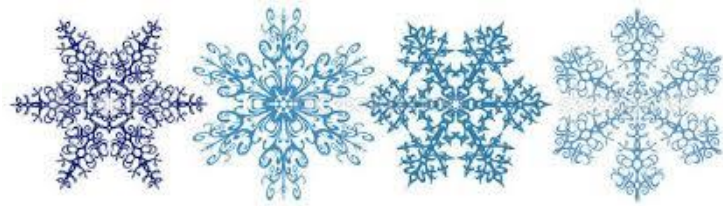
ALWAYS HAVE SEPARATE SLEEPING CLOTHES!!!

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8. EXTRA TIPS

- Avoid sweating, remove layers when needed, and add layers when needed
- Change your clothes if they are wet
- **DON'T WEAR COTTON**

9. Kahoot!



Any QUESTIONS

?

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