

# “Let’s Go Winter Camping”



A short presentation of the Staff of Mount Baker  
Council’s Winter Skills Adventure Program for Chief  
Seattle Council

15 Oct 2022

# “Let’s Go Winter Camping” Agenda

- Clothing for Winter Camping
- Snow Shelters
- Cooking and Stoves
- Sleeping Warm
- Q and A
- Video of Fun in the Snow

# Clothing

- Heat Loss and Gain
- Layering
- Head-Hands-Feet

# Heat Loss

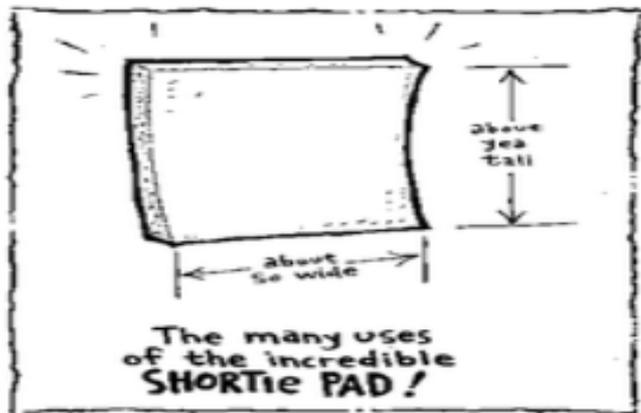


# Heat Gain

- Muscular Activity
  - Shivering
  - Building a snow Structure
  - Hiking
- Your Body must be properly Fueled
- Your Body must by properly Hydrated

# Layering System

- Should address the three main sources of heat loss in the Northwest winter (Conduction, Convection, Evaporation)
  - Base Layer pulls the moisture (Sweat) away from your skin (reduces Evaporation)
  - Mid Layers to regulate your heat depending on activity
  - Outer shell must be Water-Proof and protect from Wind (Convection)



# Head and Hands

- Regulate your Heat with your Head
  - Mid and outer layers with Hoods
- Bring Lots of Gloves
  - Rubberized gloves with separate wool liners for building shelters
  - Separate warmer gloves for Evening and morning
  - Separate cooking Gloves

# Feet

- Boots MUST be waterproof
- Boots should not constrict blood flow
- Gators—keep the snow out of the boot
- Anti-perspirant on the feet
- Snowboard Boot Rentals

# Winter Shelters

- Tent
  - 3 Season
  - 4 Season
- Snow Shelter
  - Snow Cave
  - Quinzee
  - A-Frame
  - Igloo

# Tent

- Three Season



Tent Cont'd

- Four Season Tent



# Tent: Other Considerations

- Snow Anchors
- Snow Wall
- Boot Well
- Placement

# Snow Cave

## Wilderness Shelter

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### Snow Shelters – Snow Cave

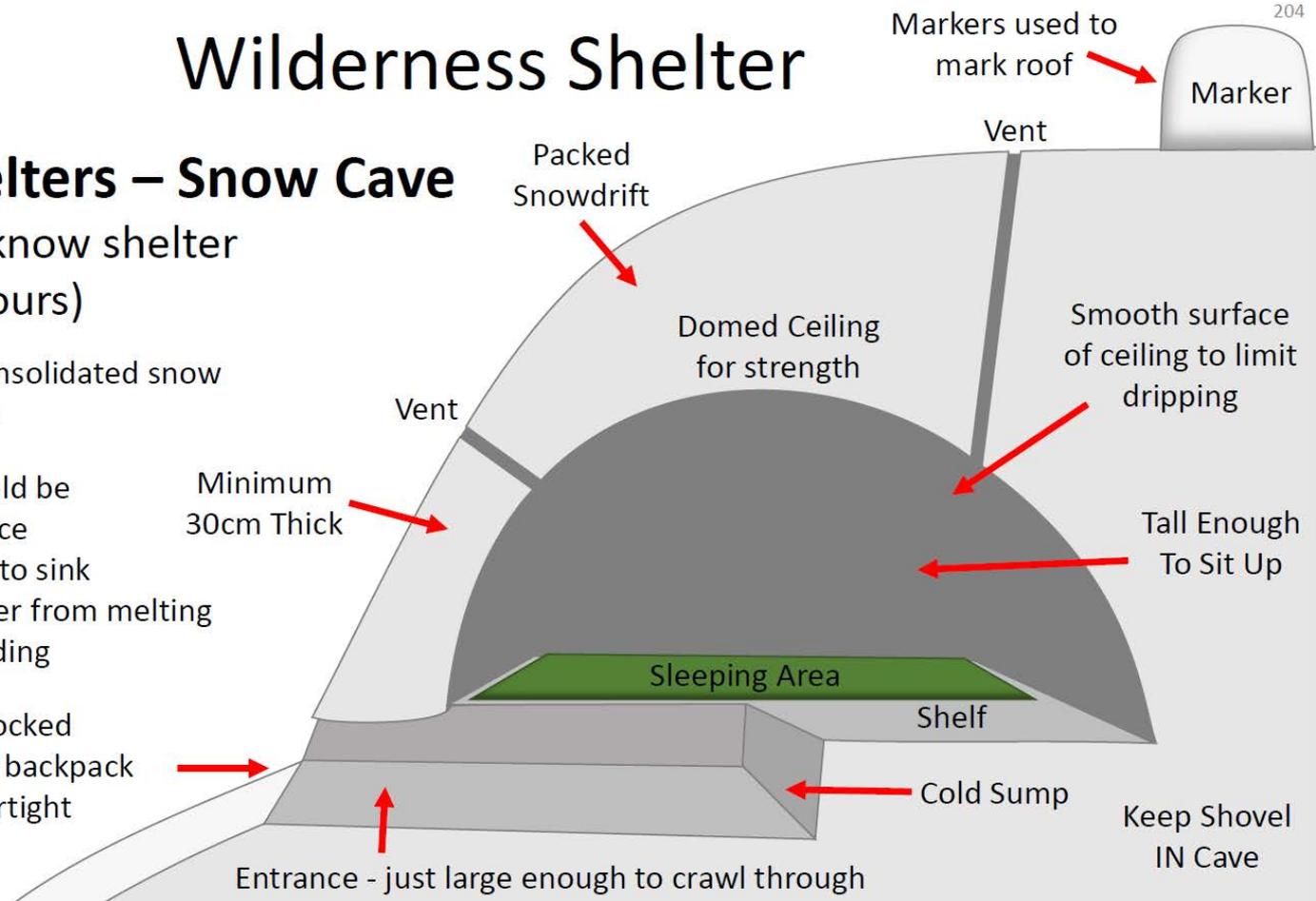
- A MUST know shelter
- (3 to 4 Hours)

Note: Wet or unconsolidated snow is liable to collapse

Sleeping Area should be higher than entrance

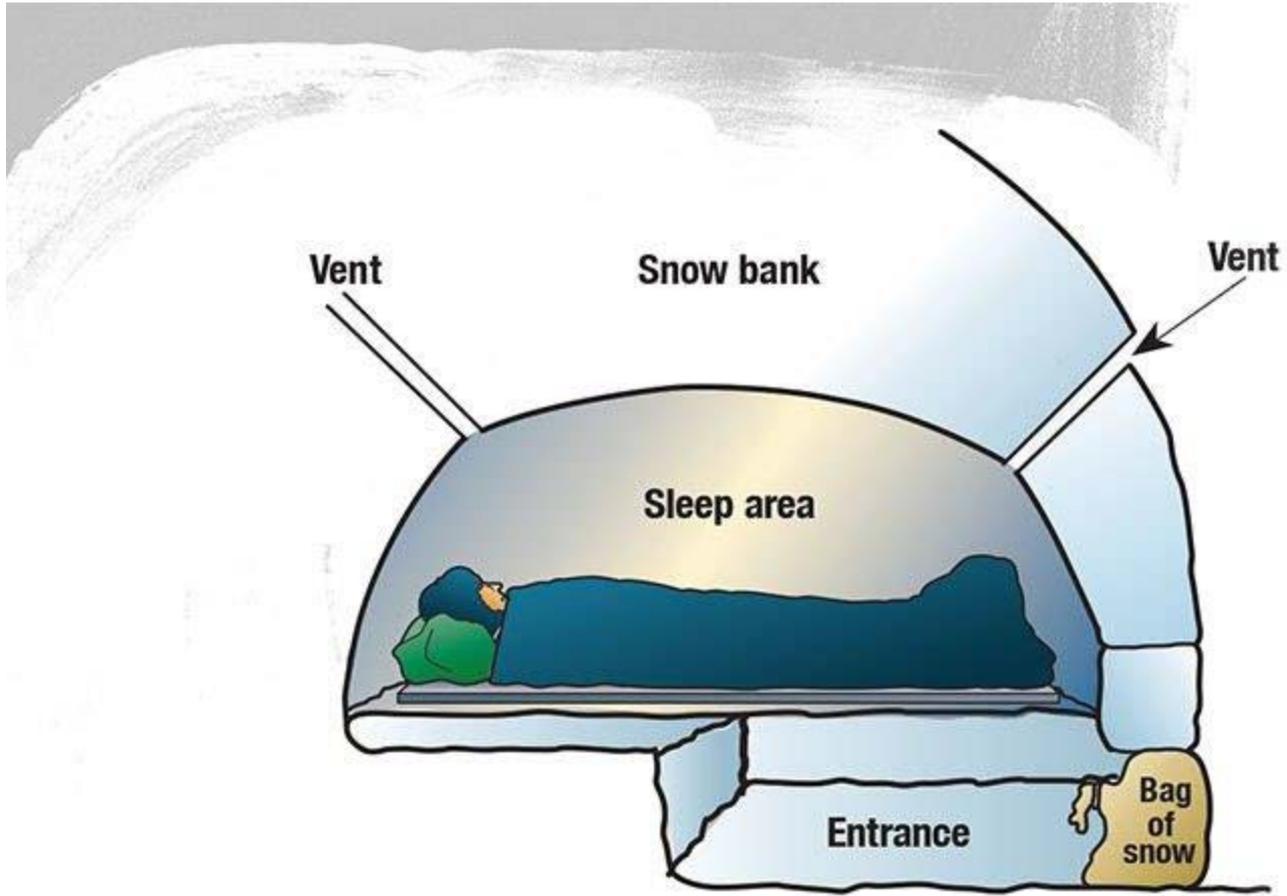
- Allows Cold Air to sink
- Helps keep water from melting away from bedding

Entrance can be blocked with snow block or backpack but DON'T make airtight



Keep Shovel IN Cave

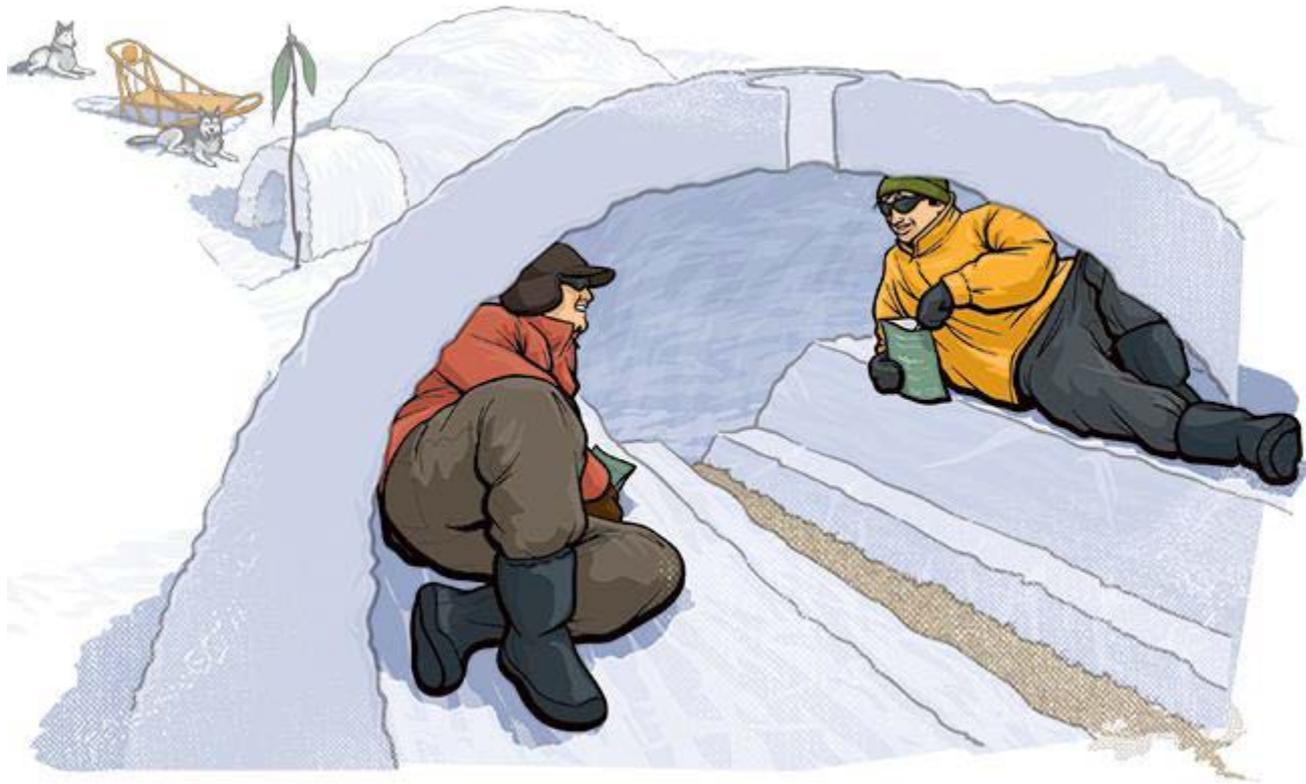
# Snow Cave Cont'd



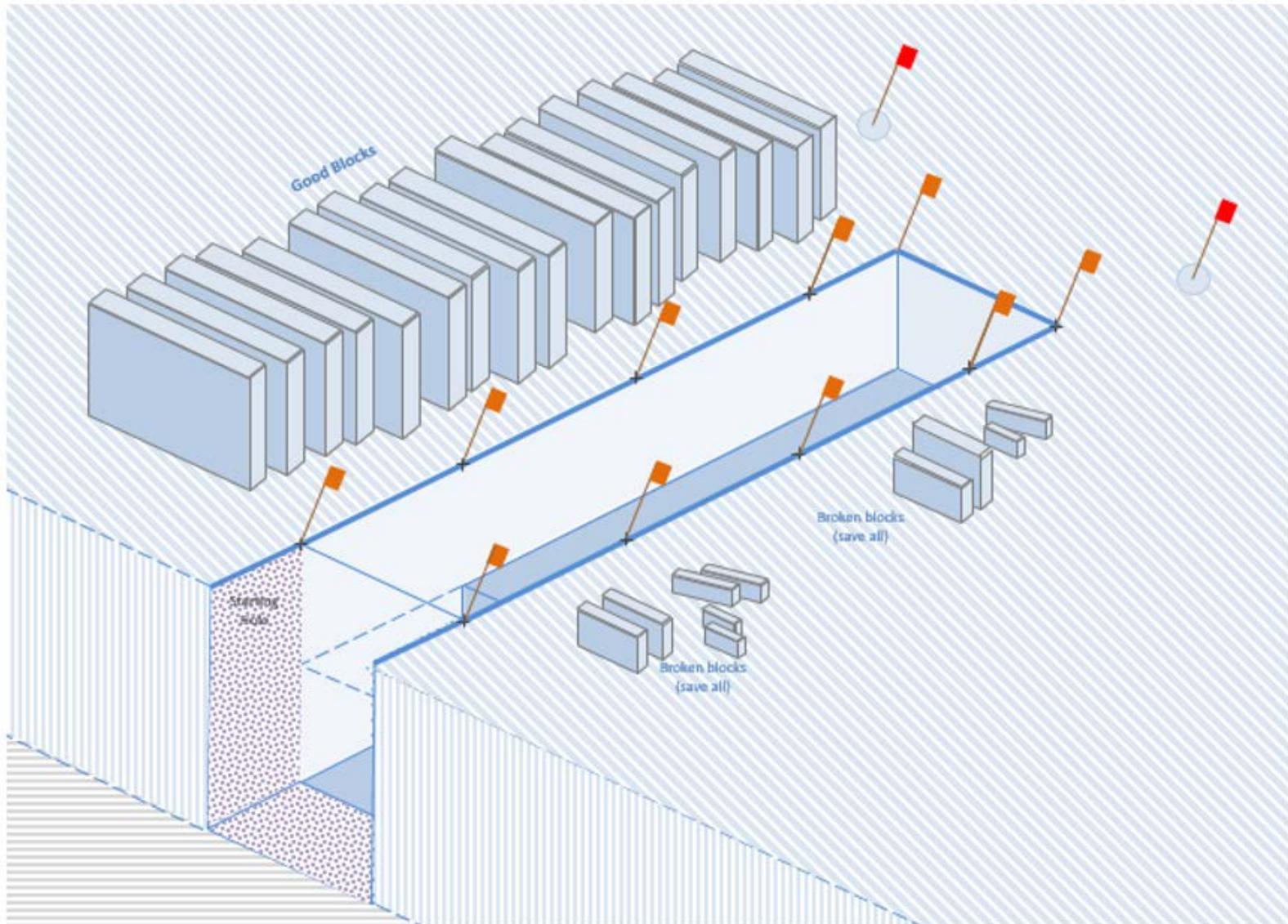
# Quinzee



# Quinzee Cont'd



# A-Frame



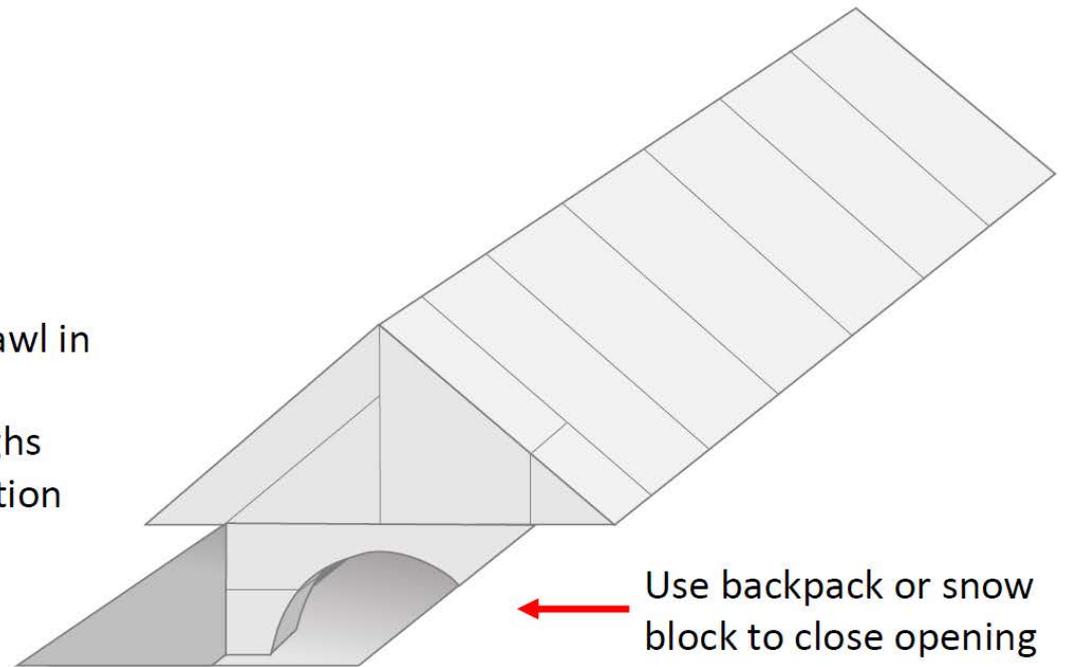
# A-Frame cont'd

## Wilderness Shelter

### Snow Shelters – Snow Trench – Snow Arch Roof

Cut out an opening  
Just big enough to crawl in

If you have pine boughs  
Cover floor for insulation



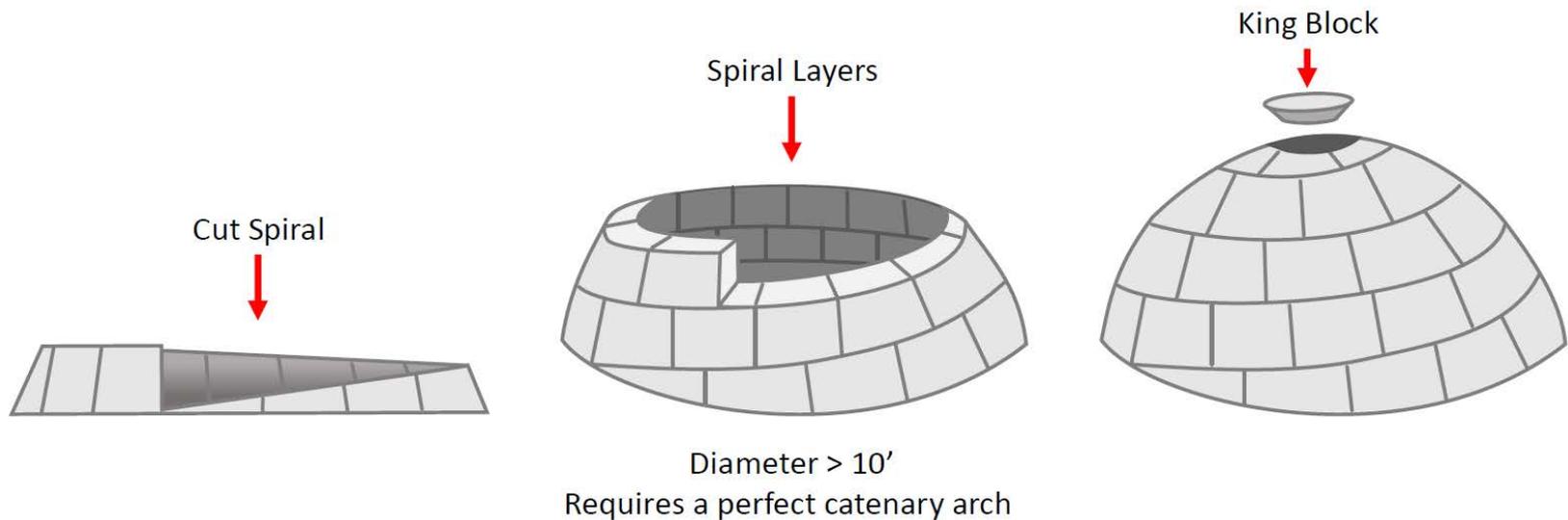
Use backpack or snow  
block to close opening

# Igloo

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## Wilderness Shelter

### Snow Shelters – Igloo

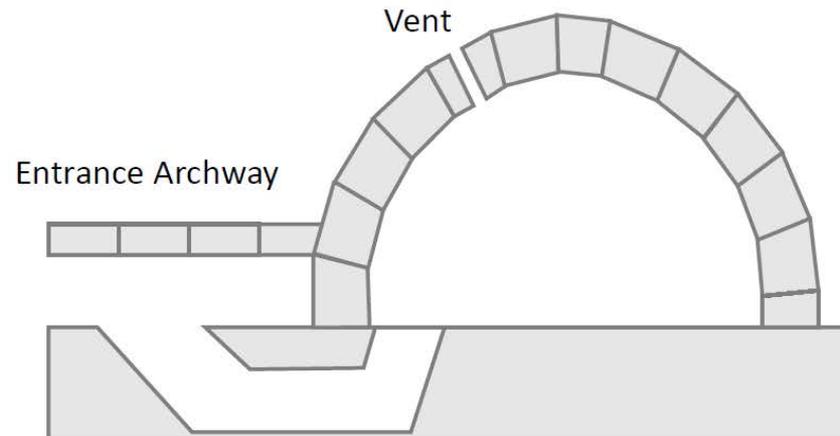


# Igloo cont'd

## Wilderness Shelter

### Snow Shelters – Igloo – Finishing Touches

- Fill in any gaps to keep the wind out
- Smooth off the inner surface to reduce drips
- Build snow wall around entrance
- Add Vent Holes



Sleeping Warm

# #1 Way to Sleep Warm: Build your Snow Shelter!!!



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Outside Temp



Inside Temp

# Tips for Improving the warmth of your present Sleeping bag

- Add a fleece/wool blanket inside your bag
- Add a Bivy bag
- Sleep on a Pad



# Tips for Sleeping Warm

- Drink plenty of water
- Eat before bedtime
- Exercise to raise your body heat before sleeping
- Wear a hat to bed—Balaclava is the best
- Wear dry clothing for sleeping
- Bottle of hot water in your bag...Make sure it is sealed!!!
- Sleep close to another person
- Sleep on your side (extra clothing under your shoulder and hip)

# Questions?—Want to Learn More?

Winter Skills Adventure Program



## Learn to Camp in the Snow!



Snow Shelters Strong Enough To Stand On!

- Sleep warm in a snow shelter that you build.
- Travel safely to avoid winter hazards.
- Stay comfortable with your existing equipment.
- Keep yourself fueled up with cooking tips & tricks for cold weather.

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YouTube Channel



Promo Video



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