



YERBA BUENA LODGE  
ORDER OF THE ARROW

# WINTER CLOTHING

Presented by:



Winter Camp Awareness 2024



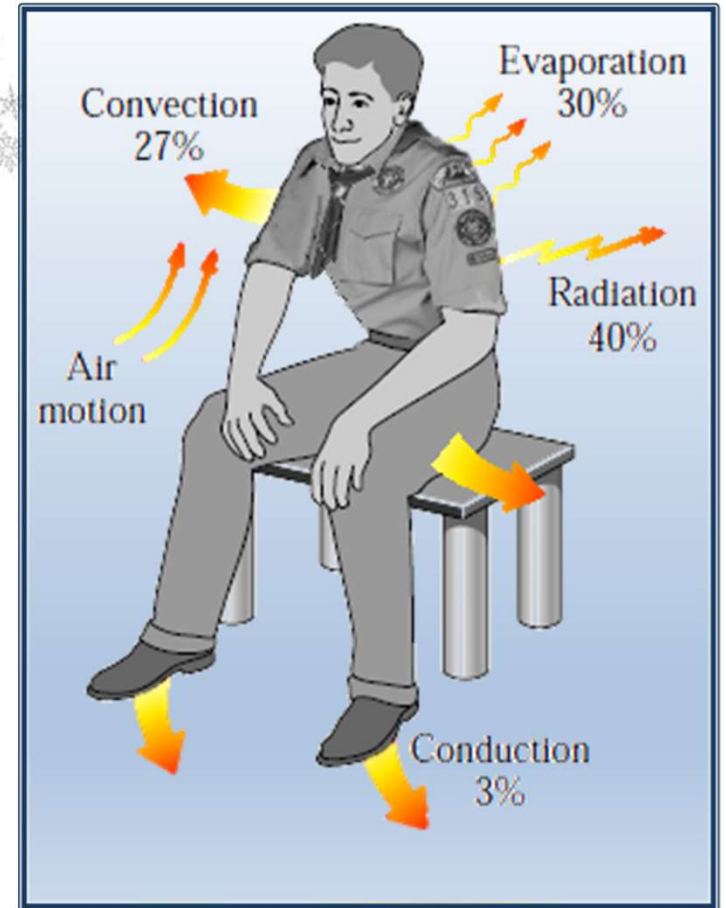
# Objectives



- Keep you Dry
- Keep you Warm
  - Limit Radiation - Create Dead Air
  - Limit Convection - Minimize Wind Effect
- Protect Eye and Skin

# KEEPING WARM

- Clothing doesn't make you warm, it provides insulation.
- The most heat leaves from our feet, hands, or head.
- 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.



# 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



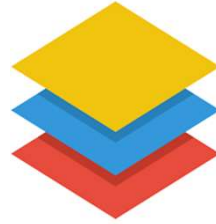
Cotton stays wet,  
wet cotton draws heat away,  
cold is bad!!!

# TYPES OF MATERIAL

## Recommended

- 88% wool, 12% nylon - Lightweight and warm
- 100% Merino wool - Heavier, but even warmer and more costly.
- 100% Polyester - Wicks well, breaths well, dries very fast.
- 74% Polyester, 26% wool - A less expensive compromise.

# LAYERING



- ← Rain and Wind Protection Layer
- ← Insulation Layer
- ← Base Layer

## 1. Base Layer

- Wool / polypropylene long underwear forms tight layer around your skin
- Cotton long underwear is a very bad choice.  
Cotton **does not** wick sweat away from skin.



## 2. Insulation Layer

- Polyester pants
  - Most of the scout zip-off pants are made of Polyester.
  - Polyester pants when wet, will dry quickly
- Polyester long sleeve Shirt
  - Polyester fleece in 100, 200, or 300 (heavy) weights
  - Stays warm when damp, dries quickly.

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# LAYERING *CONTINUED*...



## 3. Rain and Wind Protection Layer

- Snow pants
- Insulated Snow jacket.

## 4. Extra shell layer

- Waterproof rain gear.
- If you don't have a good third layer, wear more layers and one of these.
- Make sure you can move. Ensure you can fit it over your snow jacket.



## Complete Change of Clothes:

- Have extra clothes so you can stay dry

# 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





# LAYERING *CONTINUED...*

## **Be Bold, Start Cold**

- Sweat, and moisture can most quickly make you cold in the winter.
- When you layer up, you should be a little chilly before you get moving.
- If you're warm while you're standing around, you will quickly begin sweating once you start moving and risk saturating your layers.
- Do physical actions in fewer layers than you might think and have plenty of layers in your pack to throw on when you do stop moving.

# 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.



# FOOTWEAR

## Boot Requirements:

- 100% Waterproof
- Comfortable below 0° F weather
- Thick rubber/insulated sole.
- Thinsulate or PrimaLoft  
800 gram {minimum}
- Thermal Reflective liner
- Height up to the swell of your calf.

## Sock Requirements:

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

# 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.
- Will not breathe, so feet will get damp.
- **ONLY DO THIS ONLY AS A LAST RESORT!!!**

# Footwear (*tips and tricks*)

1. Purchase a pair of boots that are **ONE SIZE UP**.  
Wear your two pairs of socks when you try them on before buying the boots.
2. **DOUBLE UP** your socks inside your boot
3. Try them out at home to make sure they don't constrict your feet and cut off blood flow.,
4. If you're worried about your boots freezing, put them in a **waterproof bag** inside the bottom of your sleeping bag
5. Use a **BOOT TRAY** inside your snow shelter or tent.



# Eye Protection

- **Ski Goggles**

- Help prevent fatigue & 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**



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# 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)



# Full Change of Clothes

How Many Changes of Clothing Should I Bring for an overnight trip?

Clothing Piece	How Many
Boots	1
Socks	2-3 pairs
Snow Jacket & Snow Pants	1 of each
Insulation Layer	3 pairs
Base Layer	3 pairs

**Keep extra clothing in waterproof bags.**

**ALWAYS HAVE SEPARATE SLEEPING CLOTHES!!!**

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# EXTRA TIPS

- Avoid sweating. Remove layers when needed, and add layers when needed
- Change your clothes if they are wet
- Try everything out at home before heading into Winter Activities.
- **DON'T WEAR COTTON**



Any QUESTIONS

?

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