

SNEC Winter Camping Skills weekend

Register no later than January 3, 2011

Where:

On the Camp Winnekeag camp sites above the bathhouse

When:

Arrive Friday January 21, 2011 5PM

Depart Sunday January 23, 2011 1PM

Who may attend:

Adult Pathfinder staff and Master Guide candidates (16 -17 year olds MUST be accompanied by an adult chaperone who will be part of the winter camping experience)

Medical release for all attendees. Parental permission form for 16-17 year olds.

Fee

To December 15 \$40

December 16 to January 3 \$60

This fee covers Camp Winnekeag camp site fee; experienced presenters; resources from REI, EMS & New England Backpacker; resource book (*Camping & Wilderness Survival* by Paul Tawrell OR *Winter Adventure* by Peter Stark & Steven M. Krauzer)

We will cover winter survival skills, the requirements for the Winter Camping Honor and some of the Wilderness Living Honor. Please contact Joyce Malin if you are willing to volunteer to lead out in a worship talk or worship activity. 978-660-9279 or jmalin@nrds.net

You will need to provide your own equipment and meals. Best to double up with at least one other person in a 2-3 person quality 3 or 4 season tent (see packing list) If you do not know anyone else planning to attend- let Joyce know and we will send out a list of others looking for tent mates.

Agenda:**Friday evening:**

Set up camp site & eat your supper (blue pad or build a platform to set stove on...)

Worship

Ways to winterize your tent

Bed time

How to warm up: exercise in mummy bag, energy bars, hot water in nalgene or other bottle, single layer of loose, clean clothing to sleep in - i.e. long underwear stored in sleeping bag, fluff sleeping bag before getting in, go to bed warm – take a short hike before going to bed, wear a hat, keep your mouth and nose inside sleeping bag, stuff extra clean clothing in sleeping bag to fill air pockets, DO NOT SWEAT

Sabbath:

Breakfast

Winter survival: lean-to (XC ski poles, tarp, snowshoes, pack spot with snow shoes), snow cave, trench, natural hollow, igloo, quinze (pile up snow)

Worship

Lunch

Dig out quinze

Hike: snow shoes (own, rent, borrow, make... improvise- will instruct... see packing list) or winter boots (tall or with gaiters), animal tracking, edible plants

Worship

Supper

Ice skating, hockey

Sunday:

Breakfast

Worship

Pack up camp

Cross country skiing, skijoring with a dog sled team

Lunch on way home

CLOTHING: *“There is no bad weather, just bad clothing, inadequate shelter, and poor planning.” Old Russian proverb with a modern addition*

NO METAL ZIPPERS—NOTHING COTTON, cotton can kill people in cold weather!!!!

- 2-3 sets of dry clothes
- Loose fitting single layer of long underwear to sleep in and wear the next day

CORE LAYER: next to skin to wick vapor away

Wicking underwear (cool max type)

Wool or synthetic (poly propylene) long sleeve thermal shirt and pants - long johns (close fitting, but NOT tight) You want something that will wick the perspiration away from your skin.

2nd LAYER: for insulation

Shirt that is loose fitting, but tighter at neck and wrists- like a turtle neck, zip up neck, shirt with a collar & cuffs that can be buttoned (I often use a polar fleece one that is great for stuff like this, some prefer wool)

Some people like to wear polar fleece, quilted or wool pants (must allow for freedom of movement)

3rd LAYER: for protection from wind and rain

Wool or synthetic pull over

OUTER LAYER:

Hooded wind & water resistant or proof jacket (best with vented arm pits)

Snow pants or wind & water resistant/ proof over pants

Extremities:

- Purchase hot packs **for toes**- place in toe of boots and in mittens – the BEST thing to have along. I use them during the day and night

Hands:

- Hand Sense protective cream
- Glove liner, mittens, over mitts (top layer should be water and wind proof)

Feet:

- Prepare your feet not to sweat a week or more in advance... by spraying feet with an antiperspirant a couple of times a week
- Sock liner plus wool or polar fleece socks
- Snow boots or gortex (water proof)/thermal hiking boots (tall or with gaiters)
- Gaiters for with hiking boots
- down slippers
- clean, dry heavy socks to sleep in

Head:

- minimum of 2 hats (one for day time use and one for sleeping)
- Neck warmer or scarf
- Goggles and/or sunglasses

Shelter:

- 2-3 person quality 3 or 4 season tent (the smaller the better... two people in the tent will raise the temperature 15-20 degrees- even more if they are someone you “spoon” with:o)

Sleeping:

- Down or polar fill mummy bag with a draw string top (rated 0 degrees- fluff it up before getting in as this increases insulating qualities... in the morning fluff then compress and repeat several times to dry any night sweat)
- Sleeping bag liner (adds 10 degrees of warmth)
- Mylar bivy sack or blanket (adds warmth by trapping air, keeps sleeping bag dry)
- closed cell foam pad actually has higher r-value (i.e. z-rest, ridgerest, etc.), BUT a Therma rest pad (doubled will work)
- Down pillow or rolled up down jacket stuffed in a pillow case

Gear:

- head lamp with extra batteries
- Lamp or lantern
- Stove (pressurized canisters do not work well as liquid fuel in the cold)
- Cooking and eating pot, cup, utensils
- Matches & fire starter
- Steel bottle for storing/carrying hot drinks, soups, etc.
- water bottle(s)
- toiletries & towel to use in the heated shower house :o)

Equipment: if you do not own something you need, try to borrow from a friend, double up with someone else, or rent from EMS, REI, or New England Backpacker. Check for a resource near you.

- Snow shoes & hiking or cross country skiing poles
- Ice skates, hockey stick, pucks
- Cross country skis with boots & poles

PACKING: I leave most things in my car... and take a small bag into my tent with bare essentials. Toiletries could be kept in the bathhouse. I will arrange for one of the rooms to store our food and clothes in.

DRINK LOTS OF WATER!!!! Drink at least a quart of water before heading out in the cold... and a minimum of 2 quarts per day. We will have access to water at the bath house OR boil snow.

Meals: you need 4000 calories each day. No dieting- you need the extra calories to keep warm... think of food as fuel:o) In cold weather you must eat fatty, slow burning foods. Greasy doughnuts in the morning, carbohydrates in the afternoon, and greasy again in the evening. (I love those Crispy Cream honey dip doughnuts :o)

- Breakfasts: doughnuts, oatmeal with butter, granola, breakfast bars, grits with butter
- Snacks &/or lunches: Cheese, bread, crackers, peanut butter, veggie meat slices, dried fruits, nuts, energy bars
- One pot meals- good to add butter for morning and evening meals/Instant: pasta (spaghetti, mac & cheese), instant potatoes, instant rice, soups
- Packets: hot chocolate, hot cider, herbal teas
- Chocolate bars (with almonds, snickers, whatever is your favorite :o) This is your snack when getting into bed, as the digestive process speeds metabolism and keeps you warmer as you sleep. I usually have an extra at hand in case I wake up during the night.