

**The Prime Objective is to stay WARM.
DRY is the best strategy.**

Two ways to stay dry and warm...bring your house...but you want to carry as little as possible...so...

Wet comes from snow and rain...also from sweat. A shell keeps water out...and traps warmth generated by your body in air space between it and your body. Wool and Fleece have lots of loft (air space). But what about sweat? Polypro "wicks" water away from your skin into the air space...then Gore-Tex lets tiny body vapors out.

Items in Bold you wear...otherwise it's packed.

	Under <i>polypro</i>	Middle <i>Fleece</i> <i>Or Wool</i>	Outer <i>Gore-tex like matl.</i> <i>(waterproof/breathes)</i>
Hands	Opt. Liners, Heat packs	Fleece gloves (Just for in camp only) Work gloves <i>(for cutting firewood etc.)</i>	Mittens (or lined gloves)
Head		Hat to pull over ears Spare Hat Opt. Face mask, Neck gator	Hood on jacket
Torso	Long John (long sleeve poly pro...maybe a turtleneck) Spare Long John	Medium Fleece Heavy Fleece for camp	Jacket shell
Legs	Long John Spare Long John	Medium Fleece for camp	Pants shell
Feet	Opt. (2) Liners heat packs	Thick Socks Thick Socks for camp Thick Socks for bed	Lined Boots with gators that tie over your calf.

During day...use hat and torso layers/zippers as your thermostat.

Try to stay away from the snow (i.e. don't play in or with it).

Once in camp and work is done...immediately change to dry long johns and socks.

Put on really over-heavy (fleece) sweater....dry hat and dry gloves.

If your heavy sweater has a hood, you don't need the second hat.

Bedtime...fill Nalgene with hot water and change again to dry socks.

Put boots between sleeping bags rather than against tent wall.

Put Nalgene bottle filled with hot water in your bed.

Put your jacket and clothes under you...insulates and will partially dry damp things.

Tip – Ski-wear is often not waterproof. Bring foul weather gear. Some Scouts use this as their shell.

Also...bring a "Pee Bottle."