



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.



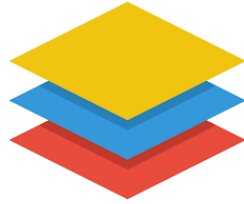
## 2. TYPES OF MATERIAL

- 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!!!**

# 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

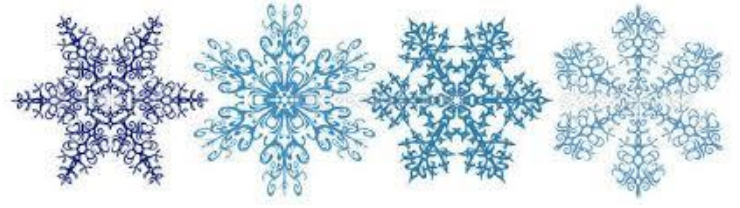
**ALWAYS HAVE SEPARATE SLEEPING CLOTHES!!!**

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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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