



The Leadership Campaign

Nothing Less than 100%, Nothing More than 350.

Rob from Tufts's 5 tips for winter camping!

1- Wear lots of warm stuff

Some people claim that it's actually warmer to sleep naked in your sleeping bag. Although it does feel really nice, it's just not true. It's totally advisable to wear a fleece or sweater in your sleeping bag. Also: The phrase 'cotton kills' should really be 'cottons kills if it's wet.' As long as you're confident you can stay dry, a University bookstore hoodie is totally fine. Regardless of your layering, however, it's critical that you stay dry! Wet = coold.

2- Take care of your feet!

The biggest problem I have when I'm winter camping is keeping my darn feet warm. Most of the time I throw a pair of handwarmers at the bottom of my sleeping bag and I'm go to go. A hot water bottle works just as well. And DO NOT wear a whole bunch of socks! It constricts blood flow and makes your feet colder.

3- Insulate from the ground- USE A PAD

Heat is transferred much faster through conduction than radiation, so direct contact with the frozen ground will suck the heat right out of you way quicker than the cold air. Use at least one sleeping pad to insulate yourself from the ground. It's also a little bit more comfy!

4- Get a Winter Sleeping Bag

You want your sleeping bag rated to at least 10° F colder than the anticipated air temperature. For example if it's going to be 10° out, make sure your bag is rated to 0° or lower. Sleeping bags are designed to keep you alive at their rated temperature, but you'll be in for a long and cold night. Also: Don't seal yourself up completely inside your sleeping bag. This will cause lots of condensation to build up. The strategy that I always use is just to tighten the hood down so only my mouth is exposed. This way I can still breath without getting the inside of my bag moist.

5- Tents can help

If you have access to a tent, use one- it's much warmer. If you're using a tent, make sure it's well ventilated! Although it does make it a bit colder inside, it prevents killer condensation from occurring. Nothing's worse than waking up to your frozen breath precipitating on you from the ceiling!

Bonus #6!

Wear a warm hat. The best thing that you can do to keep yourself warm is to wear a warm hat. Period.