



“OVERNIGHT CAMPING BASICS & SLEEPING”

Yale Winter School

Lecture 4: Multi-Day Trips
Wednesday, February 11, 2009

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Setting Up Camp -An Outline

...we all need a place that we can call home

- When?
- Where?
- What?



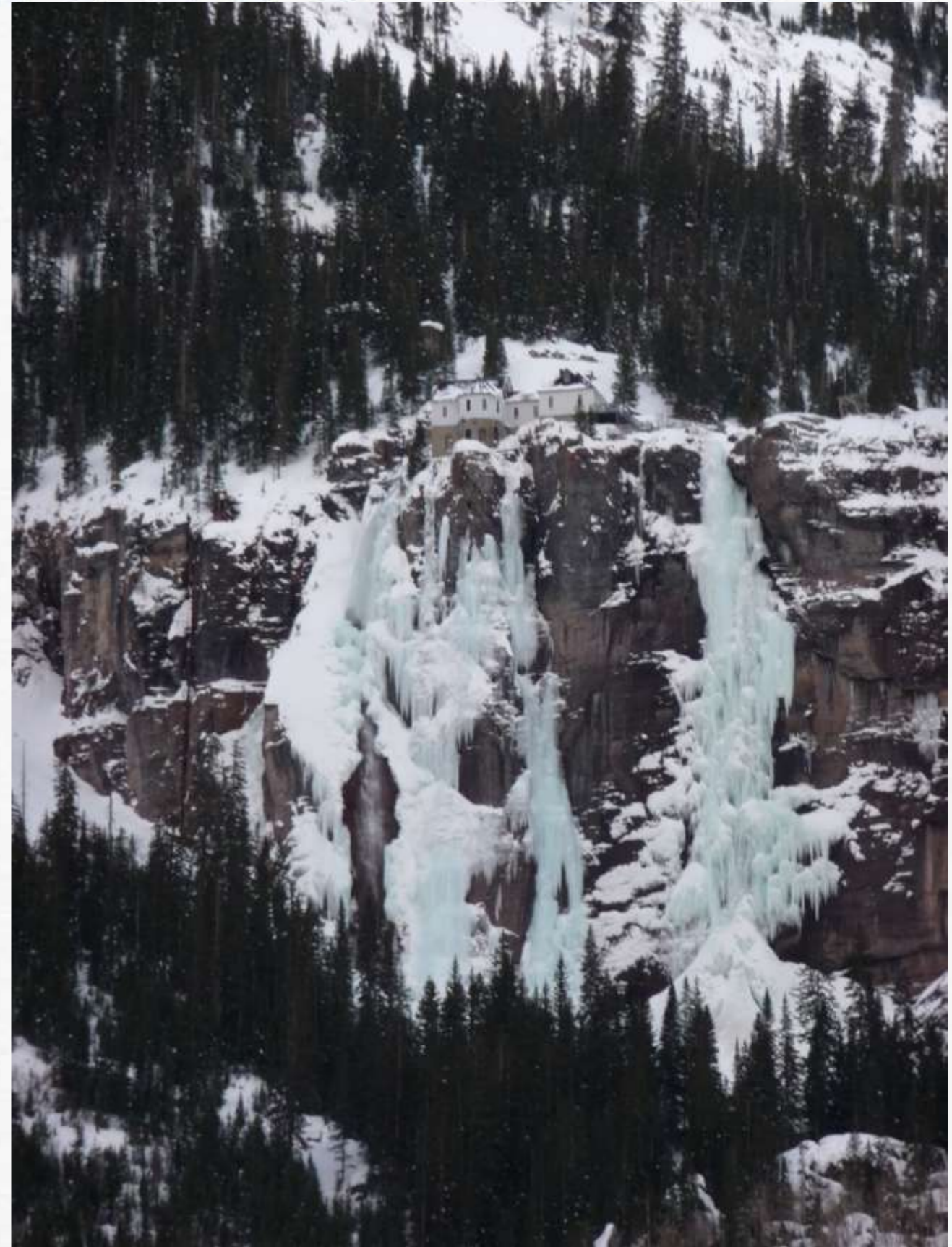
When? Early!

- You probably want to spread out and search for a spot
- Remember that it takes time to set up camp, eat dinner, clean up, etc.
- If you're going to be building snow shelters, you'll need to allow yourself at least 2 hours of daylight to do this
- Where not to camp...

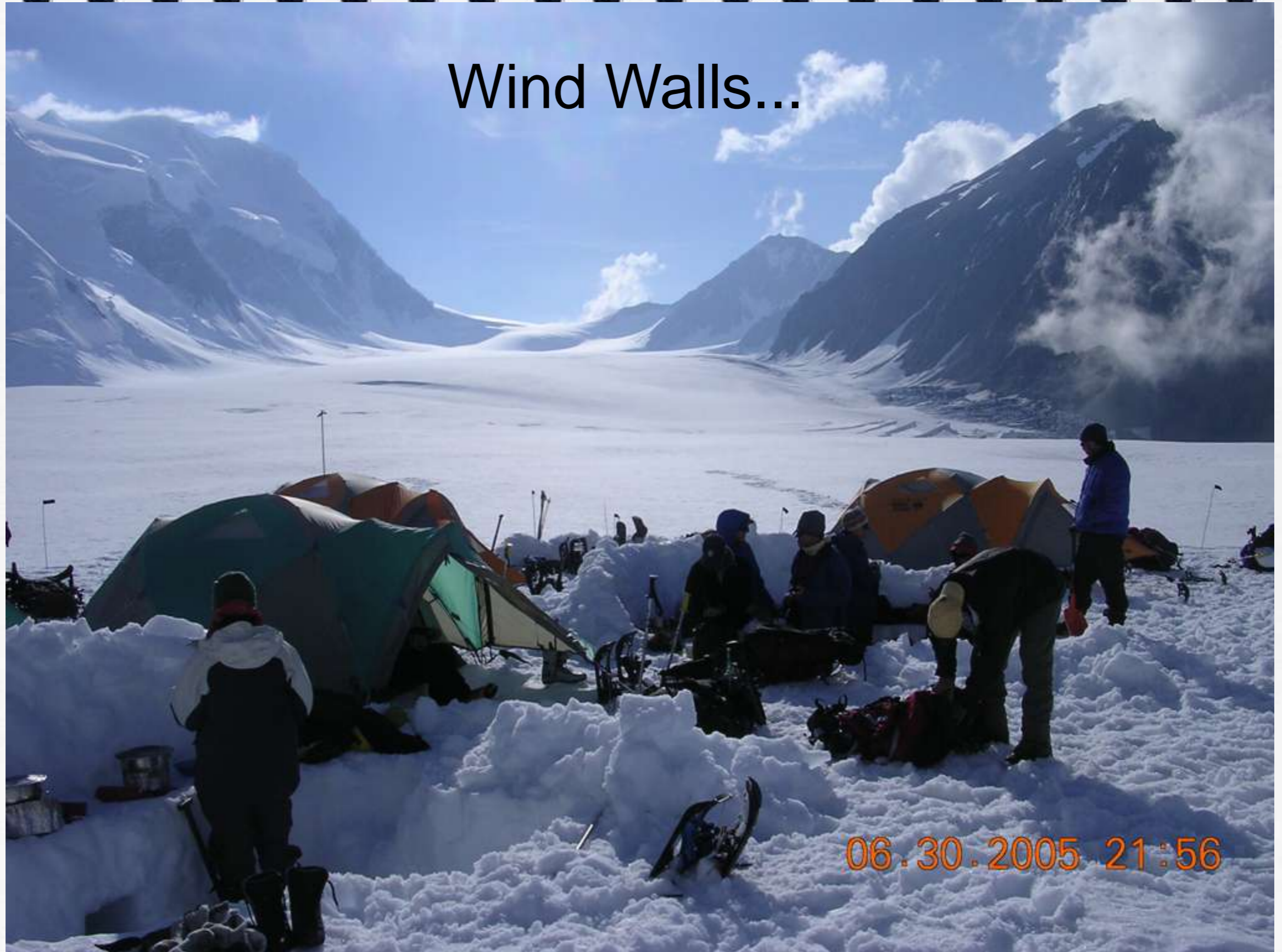


Where?

- Flat spot in the woods or sheltered area from the wind
- A small distance can make a huge difference
- How important is a flat spot
 - Depends...
- If you're camping in a windy area, be sure to build wind walls, especially if your tent is only a three-season one



Wind Walls...



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What?

- Designate an area for cooking, sleeping, doing your "business," and snow collection
- Your cooking area should be at least 200 ft. (60m) from where your tents are set up.
- Remember that if you're part of a large group, you should have more than one
- Start melting snow; it takes time, >10 minutes
- Collect snow in a black trash bag for more water
- It takes a lot of snow to get a lot of water
- Set up tents; lay out sleeping bags
- Make sure the back of your tent faces windward



House Rules

- No boots inside the tent
- Do your best to brush any snow out of the tent; some people even bring small brushes to deal with snow in the tent
- If it's snowing through the night, you'll probably have to periodically shake the accumulating snow off the tent



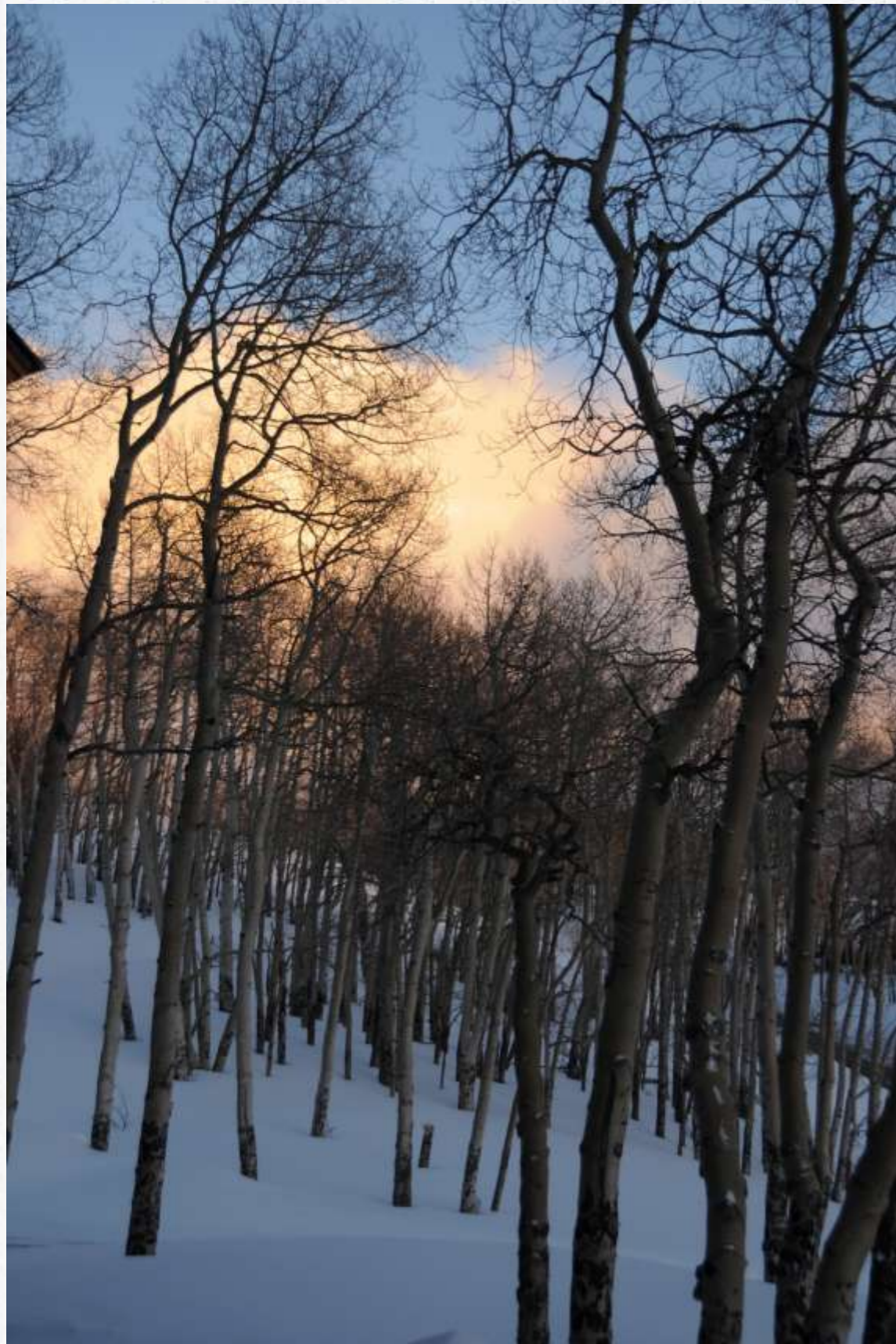
What can we learn from this?



Bomb-Proof!!!!

- ❑ Snow can cover your stuff in no time. Do not leave stuff lying around.
- ❑ Always have your stuff inside or clipped to something so that it can't blow away or be covered with snow and disappear.





DO and DON'Ts

- ❑ DO NOT clear vegetation
- ❑ DO NOT make a ditch around your tent (your tent is not your castle; no moats!!!)
- ❑ When packing up camp...
 - ❑ DO NOT leave a trace
 - ❑ DO spread snow around so that people can't tell where your tents were.

Winter Overnight Tips: An Outline

- ❑ - Rehydrate and eat for warmth
- ❑ - Stay warm and dry



Rehydrate and Eat for Warmth

- ❑ Melt ice or snow for following day
- ❑ Start and finish with a hot beverage
 - ❑ Cocoa or tea with sugar and butter, lots of butter
 - ❑ Note: tea bag or snow cleans your cup
- ❑ Hydrate or die... seriously
- ❑ Thick, hearty soups are great
- ❑ Take food and drink to bed



Melting Snow

Stay Warm and Dry

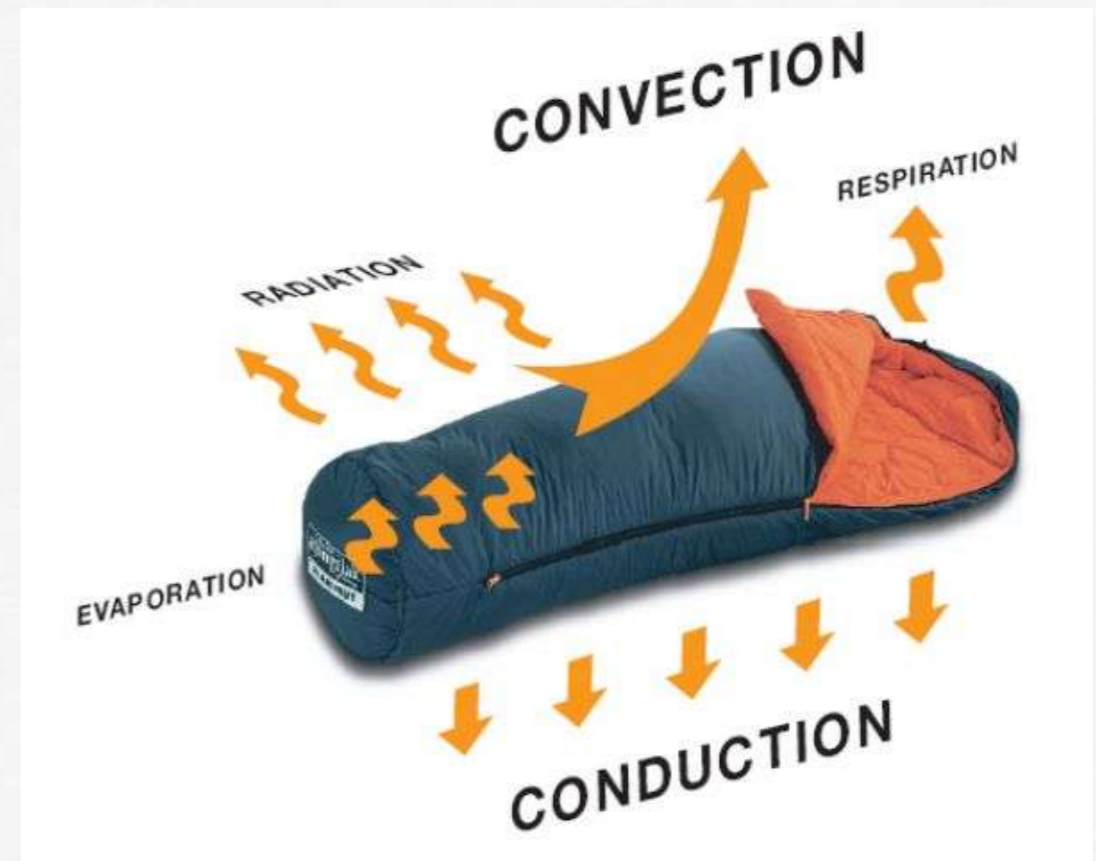
- ❑ Keep busy; don't stand around, especially not before you head to bed
- ❑ Get in tents/shelters ASAP
- ❑ Everything not in your sleeping bag will freeze
- ❑ Remember: it's much easier to stay warm than get warm
- ❑ And for god sakes, if you have to pee, get up and do it (downwind...)
- ❑ Some nice things to have... down booties, extra layer just for camp butt pad





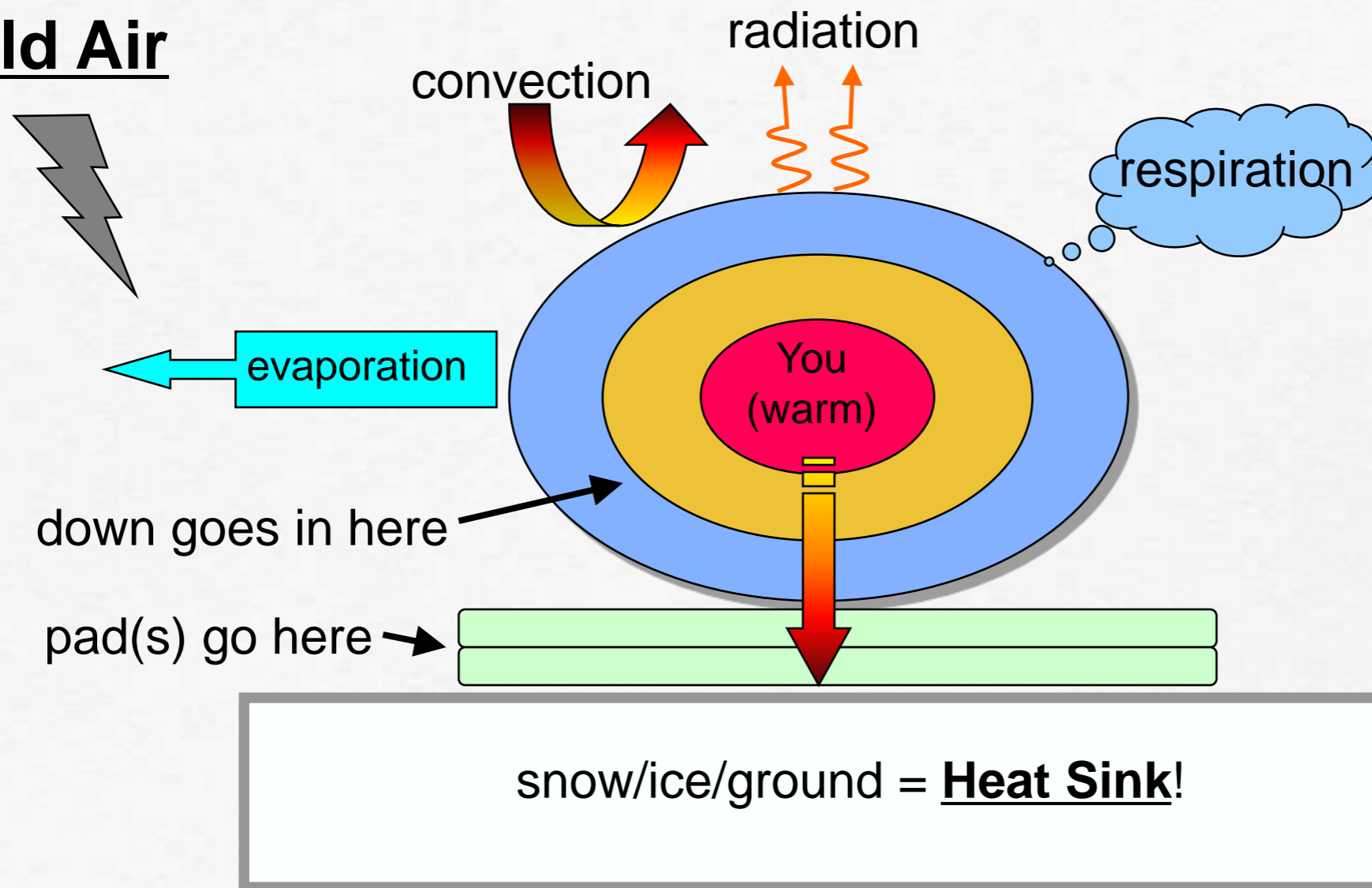
Sleeping out in the Winter

- ❑ It's all about making heat and keeping it in... **INSULATION!!!**
- ❑ Sleeping Pads
- ❑ Sleeping Bags
- ❑ Water Management



Temperatures and You

Cold Air



Sleeping Pads

- Foundation of your sleeping system
- Helps minimize conduction
- Use 2 pads on the snow
- Various Types:
 - -Closed Cell foam
 - Ridge Rest
 - ThermaRest (self-inflating)



Sleeping Bag Temp.

- Sleeping Bags have different ratings when it comes to temperature; some are good down to 20°F, others only down to 0°F
- When choosing your sleeping bag, consider the absolute minimum temperature at which you'll use the bag; take into account cooler temperatures at night at higher altitudes
- Remember, temperature ratings are not exact, so when choosing your sleeping bag, always err on the side of caution
- Keep in mind: personal preference
- Sleeping Bags performance decreases with age/use

Sleeping Bag: Materials

- Fill: Down vs. Synthetic
 - Down is light, more expensive, last longer, does not insulate when wet
 - Synthetic is heavier, cheaper, loses loft more quickly, still insulates when wet
- Shell materials
 - Wind proof? Water proof?

Sleeping Bags: Getting In

- Get Warm -eat, drink, exercise, etc.
- Get Dry -dry skin & base layer
- Get Dressed -
 - Extra layers for warmth --hat and socks!
 - Avoid constriction and loss of loft
- Get In -bring accessories
 - Water (hot water bottle!)
 - Headlamp
 - Pee Bottle

Sleeping Bags: Sleeping

- Use your heat wisely!
- Keep Heat in --hood, draft collar, draw cords
- Ventilate, use zippers
- Keep your booties on
- Bring in wet clothes with you to dry
- Eat and drink enough to stay warm
- Very important to keep sleeping bag dry!
 - VBL --your body vapor will degrade your insulation



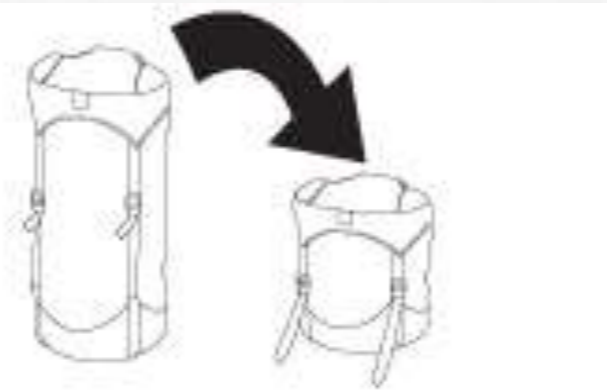
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Caring for Your Sleeping Bag

- Store fully lofted (storage sack)

- Compress only for transport (stuff sack)

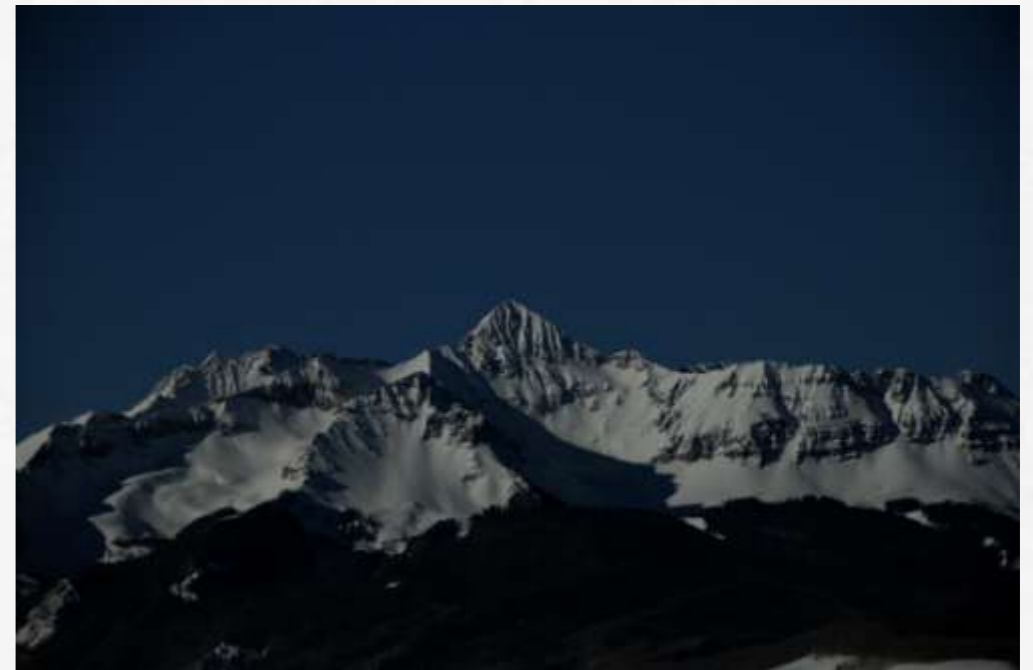
- Compression sacks:



- Let it dry --both during and after trip

Enjoy the Long Night!!!

- If you're in your tent and you're not tired...
 - - Sing
 - - Cuddle
 - - Massage circle
 - - Interpretive dancing
 - - Play "Never, never have I ever..."
 - - Gossip about the people in the other tents



Good Morning Sunshine!

- Get up, and get moving
- Make an effort to work quickly (It is easy to lose two hours of daylight)
 - Get water boiling
 - If you're moving camp, pack up tents
- Try an alpine start
 - Get up and see the sunrise on the next day's hike

