

Sons of Liberty District October 2022 Roundtable
Winter Camping Resources

Weekend forecast: Temperatures in the 50's, Wind 20 mph, Rain.

Is there a risk for hypothermia?

Remember:

**Heat Retention + Heat Production \geq Heat loss due to Cold Challenge
if not Hypothermia may result**

Heat retention: Insulation, Body Shape and Fat, Shunting of blood to core

Heat production: Food, Exercise

Cold challenge: Temperature, Wind, Rain, Snow

From Princeton University Outdoor Action program

Internet Resources:

<https://www.princeton.edu/~oa/winter/wintcamp.shtml>

<https://troopleader.scouting.org/plans-ideas-winter-camping/>

<http://www.scoutscan.com/resources/winter.html>

Books:

BSA Fieldbook has a winter camping section.

BSA Okpik Cold Weather Camping

Gorman, S. Winter camping handbook. Countryman Press, 2016

StClair, L. AMC guide to winter camping and hiking. AMC Books, 2008

Tilton, B. NOLS Winter camping. Stackpole, 2005

Giesbrecht, G. et al., Hypothermia, frostbite and cold injuries. Mountaineers, 2006.

Service, R Best tales of the Yukon, Running Press. Service's poems are also to be found on the internet: <https://www.poetryfoundation.org/poets/robert-w-service>

London, J. Short story "To build a fire" also can be printed from the internet.

Troop project? PVC snowshoes??

<https://scoutlife.org/hobbies-projects/projects/23375/make-your-own-snowshoes/>

Hypothermia

<https://medlineplus.gov/hypothermia.html>

<https://www.princeton.edu/~oa/safety/hypocold.shtml>

The pine tree council is offering an OKPIK weekend in January:

<https://www.pinetreetsa.org/camping/okpik/>

