

Winter Warmth Camping Checklist

1. Layer your clothes

- Base layer - Thermal, insulated, long underwear
- Middle layer - think of fleece or wool, pull-overs, sweaters, vests
- Outer layer - coats and jackets

2. The Basics

- Insulated sleeping pad
- Insulated sleeping bag
- Cold weather tent

3. Prepare for the bed

- Brisk walk around the campsite for 10 minutes
- Avoid drinking fluids for 2 to 3 hours before bedtime

4. Thick Warm Pajamas (optional)

- Fleece pajamas
- thick pair of woolen bed socks

5. Winter Warmth Gadgets

- Gas operated heater
- Chemical hand warmers