

Cold Weather Camping

Want to stay warm while sleeping?

Try the following:

1. Get away from the campfire about 15 min before you go to bed. You don't notice it but you sweat under your clothes when you get around the campfire. Your sleeping bag is designed to keep you warm and this will prevent you from drying out. You will stay cold until the moisture dries up.
2. Don't sleep in the clothes you have been wearing. Remember, they hold the moisture that is on your skin. Change clothes before getting in your bag. Wear long underwear if possible.
3. Put a fresh change of clothes in the bottom of your bag before you go to sleep. Don't put the clothes you just took off in your bag because they are damp and will keep the bag from warming up.
4. **CHANGE YOUR SOCKS!** Your socks will be damp when you take your shoes off. Remove your socks and try to let your feet dry out a little before you put on a fresh pair. Try some wool or insulated socks.
5. Wear a stocking hat.
6. Wal-Mart sells a fleece sleeping bag for about \$15.00. It fits in your sleeping bag and fills like cotton when you crawl in. A great investment.