Avoid Cotton which absorbs water.
Use wool or synthetic fabrics.

Dress Warmly and Stay Dry!

Avoid Frostbite and Hypothermia!

Frostbite

- Frostbite is an injury to the body that is caused by freezing.
- Frostbite causes a loss of feeling and color in the nose, ears, cheeks, chin, fingers, or toes.

Hypothermia

- When exposed to cold temperatures, your body begins to lose heat faster than it can be produced.
- Low body temperature may make you unable to think clearly or move well.
- You may not know you have hypothermia.

Layer clothing

- First layer: Thermal underwear, sock liners, wool socks, and glove liners.
- Second layer: Turtleneck, sweater, or a vest, plus sweatpants or ski pants.
- Third layer: Water-resistant jacket, a hat, neck warmer, mittens, and waterproof boots with gripping surfaces.

FUN!

SURVIVAL SHELTERS -

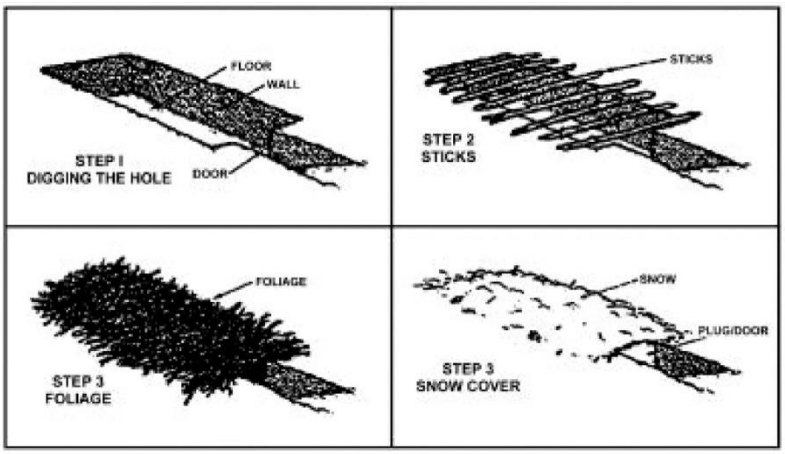
Quinzee, which is essentially a “snow cave,” meaning that you hollow out a pile of snow. Quinzees are very simple to construct but also very time-consuming.

First of all, you’ll need a large pile of snow. If none are in your vicinity, you can build a pile yourself. The dome-shaped pile should be at least eight feet in both height and width, and you should use different types of snow so that the mound is hard. Letting it sit for an hour or even 3 hours is a good idea, too. Once you have a pile, dig your entrance on the downhill side of the mound. Dig into the pile and smooth out the walls and the ceiling, which should be at least a foot or two thick in order to make the shelter truly protective. In order to know how far you should hollow out the inside, poke sticks at various points into the mound from the outside. This is one of the trademarks of the quinzee, and it allows you to know when to stop shaping it from the inside. (When you see a stick on the inside, move to another area.)

Inside the quinzee, poke a hole with a stick from your position all the way up to the outside. This will allow air to ventilate in and out of the quinzee, because you may choose to block off the entrance with your backpack, branches or something else.

Snow Trench

Dig the trench about 2.5 metres long and one metre wide. This will be the area where you'll sleep. All the snow you dig out should be piled away from the edges for the moment. Then, dig another two metre trench at one end to form a T. This will be your entrance and provide room for gear or to cook out of the wind. Next, place dead tree branches across the trench to become the frame for your roof. In a pinch, you can use your ski poles as well. Either way, ensure they're at least a minimum of 25 centimetres past the trench on either side for maximum safety. Never break off living branches and instead search the forest for necessary materials. Lay the tarp across the trench and cover the edges with the snow you dug out previously. The weight of the snow will keep the tarp in place and help to secure your roof. Then lay your second tarp on the floor of the sleeping area, letting it spread up the sides a bit to ensure your sleeping bag on top stays dry.



Seeing as cold air sinks and warm air rises, it's important to poke a hole at floor level to allow the cold air to escape while at the same time allowing for airflow. Sleep with your head toward the T-junction and settle in for that cozy night's rest.