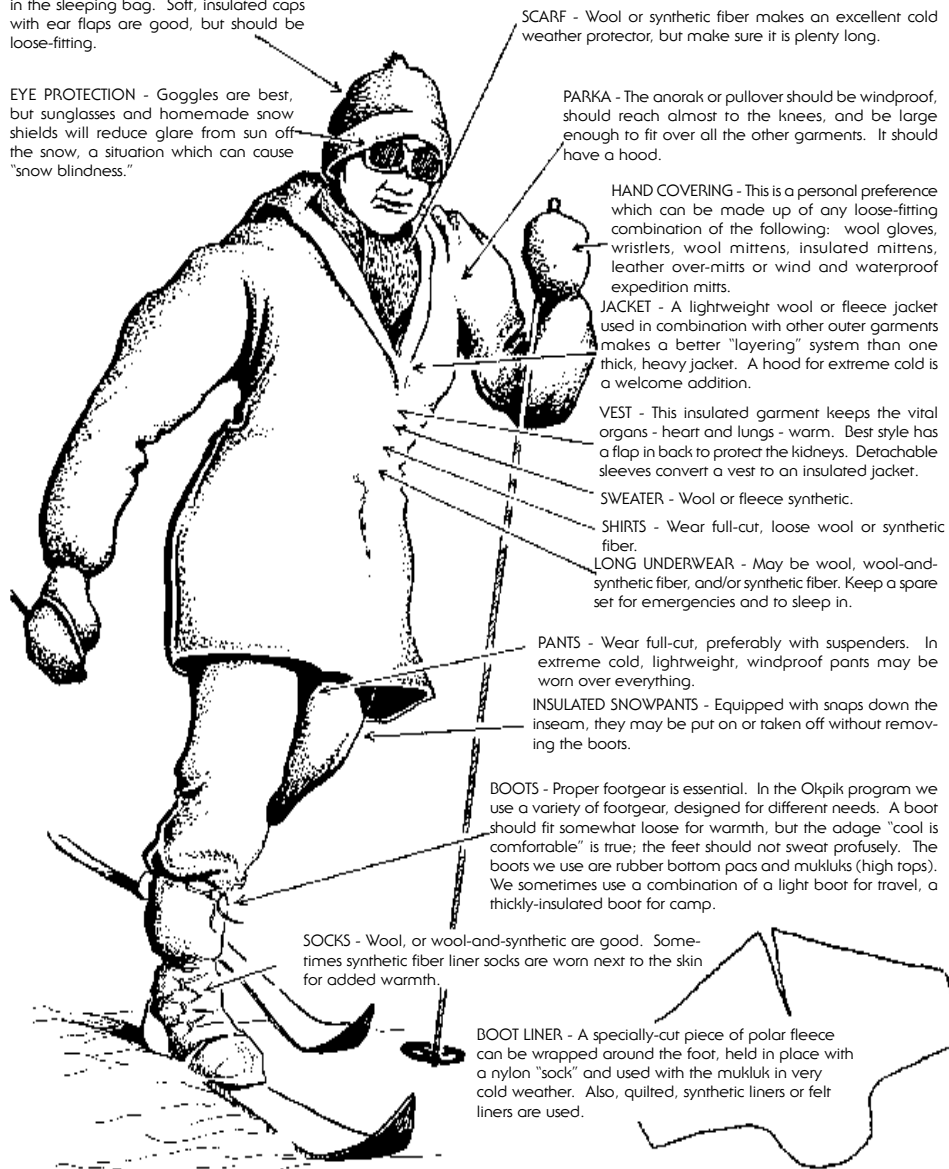


## Your Clothing Is Your Key To Winter Comfort

**HEADGEAR** - This is personal preference but it is always a good idea to have at least two stocking or knit caps & one for use under a parka hood and one for use in the sleeping bag. Soft, insulated caps with ear flaps are good, but should be loose-fitting.

**EYE PROTECTION** - Goggles are best, but sunglasses and homemade snow shields will reduce glare from sun off the snow, a situation which can cause "snow blindness."



**SCARF** - Wool or synthetic fiber makes an excellent cold weather protector, but make sure it is plenty long.

**PARKA** - The anorak or pullover should be windproof, should reach almost to the knees, and be large enough to fit over all the other garments. It should have a hood.

**HAND COVERING** - This is a personal preference which can be made up of any loose-fitting combination of the following: wool gloves, wristlets, wool mittens, insulated mittens, leather over-mitts or wind and waterproof expedition mitts.

**JACKET** - A lightweight wool or fleece jacket used in combination with other outer garments makes a better "layering" system than one thick, heavy jacket. A hood for extreme cold is a welcome addition.

**VEST** - This insulated garment keeps the vital organs - heart and lungs - warm. Best style has a flap in back to protect the kidneys. Detachable sleeves convert a vest to an insulated jacket.

**SWEATER** - Wool or fleece synthetic.

**SHIRTS** - Wear full-cut, loose wool or synthetic fiber.

**LONG UNDERWEAR** - May be wool, wool-and-synthetic fiber, and/or synthetic fiber. Keep a spare set for emergencies and to sleep in.

**PANTS** - Wear full-cut, preferably with suspenders. In extreme cold, lightweight, windproof pants may be worn over everything.

**INSULATED SNOWPANTS** - Equipped with snaps down the inseam, they may be put on or taken off without removing the boots.

**BOOTS** - Proper footgear is essential. In the Okpik program we use a variety of footgear, designed for different needs. A boot should fit somewhat loose for warmth, but the adage "cool is comfortable" is true; the feet should not sweat profusely. The boots we use are rubber bottom pacs and mukluks (high tops). We sometimes use a combination of a light boot for travel, a thickly-insulated boot for camp.

**SOCKS** - Wool, or wool-and-synthetic are good. Sometimes synthetic fiber liner socks are worn next to the skin for added warmth.

**BOOT LINER** - A specially-cut piece of polar fleece can be wrapped around the foot, held in place with a nylon "sock" and used with the mukluk in very cold weather. Also, quilted, synthetic liners or felt liners are used.

## The Inuit

THE PEOPLE WE KNOW AS THE "ESKIMO" LONG AGO DETERMINED HOW TO LIVE AND ENJOY A SUB-ZERO ENVIRONMENT. OUR METHODS ARE PATTERNED AFTER THEIRS, THE ONLY DIFFERENCE BEING IN DETAILS OF MATERIALS, FOOD AND EQUIPMENT.



**GOOD CLOTHING AND EQUIPMENT** - These are essential for your enjoyment of the outdoors in the winter. The base furnishes many pieces of equipment so that a one-time use will not be expensive to you. In this folder, various items of clothing and equipment are described as well as the reasons for their use.

**WINTER** - Short days, deep snow and cold, clear, dry air characterize our winter. The beauty of snow-covered terrain and the hushed silence of frozen lakes provide a unique setting for those who answer the call of winter camping. Learning to live in and enjoy the snow country is a challenge that requires preparation and training. But once you have answered this call and have slept beneath the stars and the northern lights arrayed against a black velvet sky, or listened to the distant howl of a hunting wolf, snow camping will become an unforgettable experience which calls you back again and again.

**TEMPERATURE** - This indicates how much of the system you will need. In warmer situations, only part of the system may be needed. The winter camper adds or takes away individual items to maintain personal comfort. In extreme cold, the entire system may be in use. Clothing items worn inside the sleeping bag including a knit cap also add warmth.

**FIRE** - Nowhere in the winter clothing or sleeping systems will you find any provision for fire to provide body heat. Fire in the winter is a "false god" in regard to warmth. The body itself is like a big furnace. You stoke your furnace with good food; it burns the food and provides the heat which your heart circulates through your body. Layers of insulation determine how much of that heat is retained and how warm you will feel. Fire is useful for turning snow into water, for its cheerful glow, and for heating water in an emergency. Extreme care must be taken around an open fire not to get too close with synthetic fiber garments which can shrivel or melt just from reflected heat.

WHAT KEEPS YOU WARM? - When you really study what keeps you warm, it becomes clear that it is you! Your body produces all the heat you need. Your clothing is designed to hold in whatever heat you need to feel comfortable under a variety of conditions and activities. You will notice all our clothing is loose. That is because

tight clothing constricts the flow of blood so the body heat cannot move around - just like when a faucet is turned off. That is why tight boots mean cold feet and a tight belt means cold legs.

## C O L D

C.O.L.D. - That is an easily-remembered key to keeping warm.

- C** - Keep yourself and your clothes **CLEAN**. Dirt and body oils which build up on clothing destroy its insulating properties.
- O** - Avoid **OVERHEATING**. Clothing is designed to be taken off or added to in layers to maintain an even body heat.
- L** - Wear clothes **LOOSE** and in **LAYERS**.
- D** - Keep **DRY**. Wet clothing removes body heat 240 times faster than it will dissipate through dry clothing. Wet is trouble.

VENTILATION - To regulate the amount of heat, yet not get overheated and wet with perspiration, adjustments can be made to loosen up the waist, the cuffs and the neck opening, allowing more heat to escape.

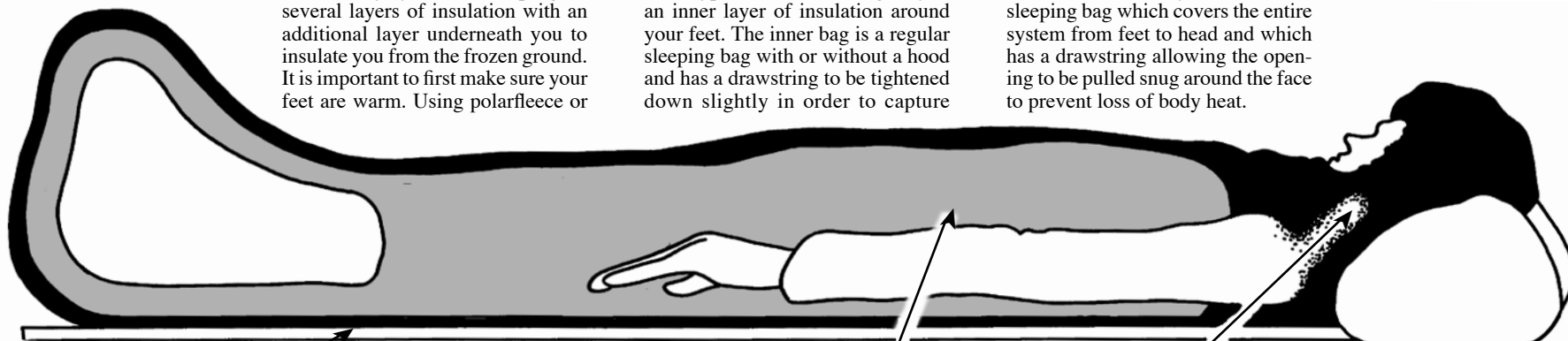
WET, WINDY, COLD - This is the combination that spells danger to the winter camper. We avoid it by keeping dry, getting out of the wind when possible, and wearing the correct clothes.

## Your Sleeping System Is Designed to Keep You Warm

Essentially, you are sleeping in several layers of insulation with an additional layer underneath you to insulate you from the frozen ground. It is important to first make sure your feet are warm. Using polarfleece or

other types of booties will give you an inner layer of insulation around your feet. The inner bag is a regular sleeping bag with or without a hood and has a drawstring to be tightened down slightly in order to capture

heat. The outside layer is a hooded sleeping bag which covers the entire system from feet to head and which has a drawstring allowing the opening to be pulled snug around the face to prevent loss of body heat.



**Foam Pad  
Stops Cold From Below**

SLEEPING PADS - These are essential for insulating the body from the cold ground. They come in three types: 1. Closed cell foam; 2. Open cell foam, used with a closed cell pad; 3. Insulated air mattress or Thermo Rest® style pad.

**Three-quarter Bag, or Bag Liner**

**Hooded Outer Bag Covers Everything**

TYPES OF BAGS - Inner bags and outer bags may be made of synthetic fiber which can be stuffed compactly for travel. These are particularly tailored for long distance trips in the winter. The cold weather outer bag is very warm and while somewhat bulky, can be compressed down into a serviceable size for travel.

## Your Sleeping System Works Best When Kept Clean And Dry