

### Intro - Guide To Staying Warm

Hello, my name is Mike MacLean and I wanted to make a short and fun guide to staying warm in case you happen to find yourself out in the cold with little protection from wind for approximately two hours every day or so in the winter. I am no winter survival expert, in fact I'm not even a fan of camping in nice weather, but I did spend some time in the reserve military and got quiet cold doing so until I learned to stay warm.

### Dress In Layers!



Figure 1: Homer Simpson Warm In Layers

There's a reason you always see this piece of advice when dressing to stay warm – it works! Air can work against you or work for you. Large gaps of air can move heat away from your body. But if you dress in layers you trap that air and turn it into an insulator to help keep you warm.

Here are the layers I suggest:

- Waffle shirt and pants – Commonly(?) known as long johns
- Shirt + Sweater (helps to have a hood) + Winter Jacket
- Pants + Ski pants
- Wool sockets (dress sockets under your wool socks for an extra layer)
- Winter Boots
- Winter mittens (mitten and better than gloves for warmth!)
- Scarf
- Winter hat

**Pro Tip:** The neck is commonly underdressed and a massive source of heat loss. Warming a scarf or putting up your sweater's hood before you put on your winter hat can keep the wind off your neck.

## Fuel The Fire

Your body will have a much easier time if you give it what it needs. Make sure to get enough food and stay hydrated. Your body needs the calories to burn to stay warm and active while in the cold. There is also less moisture in the air in the winter so it is easy to become dehydrated as well. If you're going to bring water with you I suggest keeping it inside your jacket so it doesn't cool you off when you drink it – also to prevent it from freezing.

Skin health is also important in the winter. We will not have much protection from the wind so I suggest, if possible, showering and shaving your face at night and not in the morning. Showering and shaving strip your skin of natural oils that protect it from the wind. If you're like me and are a morning shower skin moisturizer will help protect your skin.

Lastly, try to stay active. Walking around and moving will help keep you warm and will make any symptoms of danger become more apparent. And remember to check in with your strikemates to see how they're doing. We're all in this together.

**Pro Tip:** Wiggle your toes. Gets that warm blood in your toes.

## Signs Of Danger



Figure 2: Unhappy CBUFA Member Not Standing The Gaff Warmly

Here are two short lists of the signs/symptoms of frostbite and hypothermia.

### Frostbite

- Redness or pain in any skin area
- White or grayish-yellow skin
- Skin that feels unusually firm or waxy
- Numbness

### Hypothermia

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

## Thanks For Reading

If you want more information, have questions for me, or have any corrections you'd like me to make please feel free to reach out – [mike\\_macleancbu.ca](mailto:mike_macleancbu.ca)