

Camping Preparedness:

What you need for sleeping:

- Tent
- Groundcover to go under tent (tarp)
- Rainfly to go over tent
- Seal seams on tent before first use
- Sleeping pads provide insulation between you and ground, air mattresses and cots are comfortable but won't be as warm (Cold air between you and ground)
- Sleeping bag rated to 25 degrees (at least), can use liner to increase warmth (bedsheet works well or fleece blanket)
- NO HEAT SOURCE INSIDE TENT!!!

What to wear:

- Layers for daytime and for sleeping
- Hat to sleep in, much heat lost through head...also gloves and socks (Cover hands, feet, and head while sleeping)
- No cotton which holds moisture close to body, synthetic materials much better
- Use hand warmers
- Wear clean clothes to bed so they aren't damp from the day's activities
- Put next day's clothes in sleeping bag so you can put on warm clothes instead of cold clothes the next morning
- Bring more clothes than you think you need, moisture is not your friend in the cold!

What else to bring:

- Headlamp or flashlight for getting around when it's dark
- Hygiene items, there will be a bath house but no one usually actually showers☺
- A poncho or raingear
- Extra socks