

Outdoor Living

Preparation Is Key For Cold Weather Adventures

(NAPSA)—If you're one of those people who warm to cold weather adventures, it's important to remember that preparation is key. Whether you're camping, hunting or fishing, these tips will help to ensure a safe and comfortable winter adventure:

Winter Clothing

When camping in cold weather, dress in layers so that you can easily adjust to changes in temperatures. Wool and synthetic materials, like fleece, are best for layering. And it is important to have a waterproof and windproof outer layer.

Boots should also be insulated and have a waterproof outer shell. Make sure gloves are not too tight on your hands or they might constrict blood flow, making it harder to warm your hands. And consider bringing an extra pair in case they get wet.

You can lose up to 70 percent of your body's heat through your head, so wear a hat when outdoors. A scarf will also protect your face and neck from the cold and wind.

Food and Water

Dry winter air dehydrates, so drink plenty of water even if you don't feel thirsty. Keep water bottles from freezing by putting them in a wool sock or insulated bottle cover. And allow extra time for chemical water treatments to work in cold water.

To fuel your body for outdoor activities, eat plenty of carbohydrates, such as cereal, rice and oatmeal. Carry a small insulated bottle of a hot drink or soup to snack on and warm up. Snacking before going to bed helps your body generate heat during the night.



Don't bring firewood with you. It may harbor insects that kill trees. Get your firewood locally.

Setting Up Camp

A three-season tent will work for mild weather camping, but consider a four-season shelter in harsher conditions. Select a campsite that is sheltered from wind, or hang a tarp between trees to block the wind from your tent.

Sleeping bags for winter camping should be rated to temperatures below what you'll need, to ensure you'll be comfortable. A sleeping bag made of down can be useful because it keeps you warm and is easily compressed for packing. An insulated pad under your sleeping bag can protect from the cold ground.

If you plan to build a fire at camp, be sure to buy your firewood locally; do not bring it with you. Firewood can harbor insects, like the Emerald Ash Borer Beetle, which kills millions of trees each year. The bugs are transported to new areas by those who move firewood. For information about not moving firewood, visit StopTheBeetle.info.

Note to Editors: *Infestations of the Emerald Ash Borer Beetle are in IL, IN, MD, MI, MO, OH, PA, VA, WI and WV and all other states are at risk.*