

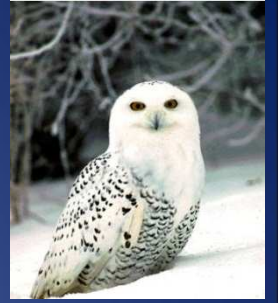


# OKPIK Cold Weather Camping Overview

Steve Bucksbaum

Kevin Wehde

# Agenda



- Review Course Purpose
- Course Syllabus
- Highlights of Key Topics:
  - Kevin: Food & Nutrition, Equipment, Health and Safety
  - Steve: Sleep Systems, Shelters, Clothing

# Purpose



- Provides participants training information to give you confidence to go Winter camping
- Provides practical approaches for troops / crews wishing to bolster their camping into a year-round program.
- Helps with planning that builds the practical skills required for safe and fun winter camping.

# Course Syllabus



- **Course is made up of three classroom sessions and one weekend “practical” session hosted the first weekend in January.**
- ***Classroom Session 1:***
  - Food & Nutrition / Retort Demo
  - Equipment and Shelters
  - Patrol Planning time
- ***Classroom Session 2:***
  - Clothing
  - Sleep Systems
  - Patrol Planning Time
- ***Classroom Session 3:***
  - Equipment Shakedown
  - Health and Safety
  - Patrol Menu Planning
- ***Outdoor Practical Session:***
  - Patrols set up campsite
  - Opening Assembly and Flags
  - Morning Round Robin Sessions:
    - Ice Rescue
    - Solar Still / Water Purification
    - Clothing Scoring
    - Snow Shoe
    - Cross Country Ski
  - Lunch Break
  - Afternoon Round Robin Sessions:
    - Winter Golf
    - Ice Fishing
    - Snow Shoe Races
    - Snow Snake
    - Fire Building
  - Closing Events
    - Dinner
    - Campfire (Songs and Skits)
    - Sunday Session reviews
    - Patrol Awards and Graduation

# Food and Nutrition Highlights



- Source for winter warmth is your “furnace”
- Higher caloric input needed
  - Extra activity
  - Cold acts as a stimulus
- Warm food effects morale

## Winter Eating Summary

- 4,000 to 5,000 calories per day
- 5 ½ to 6 quarts of water per day
- Small meals throughout the day
  - Liquid intake close to body temperature

# Retort Cooking !

# Guidelines for Meals



## Hot Meal (Retort -Boil in Bag)

Spaghetti  
Macaroni and Cheese  
Taco Meat  
Chow-mein  
Stew  
Chili  
Chicken-ala-king  
Beef Stroganoff  
Chicken and Rice  
Jambalaya

## Dinner

### Drinks

Russian Tea  
Spiced Apple Cider  
Beef or Chicken bouillon  
Hot lemonade  
Tang  
Jell-O

### Sides

Mashed potatoes  
Muffins  
Rolls

### Dessert

Cake  
Pineapple upside-down  
Cobbler

# Equipment Highlights



- Sleds are a must for moving gear
- 3 or 4 Season tents
- Jet Burners and large pots for Retort Cooking
- Put together a Patrol Gear checklist
- Think about how and where to obtain water
- Personal Gear
  - Sleep Systems
  - Clothing
  - Hand Warmers

# Health and Safety Highlights



- Keep well hydrated
- Understand the signs of Hypothermia
  - Look for “The Umbels” Stumbles, Fumbles etc...
- Impacts of Frost Bite and Frost Nip
- First Aid treatments for Forstbite, Hypothermia, Dehydration

\*\*\* Each patrol member needs to watch out for each other