

TOP OUTDOOR SAFETY TIPS FOR THE C-O-L-D

Keeping warm is the most important part of cold-weather camping and outdoor activities. Use the C-O-L-D method to stay warm.

C - Clean

Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.

O - Overheating

Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Stay hydrated by drinking plenty of water, and refrain from drinking caffeinated drinks that act as diuretics.

L - Loose Layers

A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footgear that will allow maximum insulation without impeding your circulation. Having clothing that is bright colored (orange or red) is also a good idea, so hunters and sportsmen can see you in snowy conditions. Always have a hat and wear it.

D - Dry

Sweaty, damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite and hypothermia. Keep dry by avoiding clothes that absorb moisture. Always brush away snow on your clothes before you enter a heated area. Keep clothing around your neck loosened so that body heat and moisture can escape instead of soaking through your layers. Keep your socks dry.

"Be Prepared" for Winter Safety – Don't Get Left Out in the C.O.L.D.

The most common errors people make during cold-weather activities include not eating the right kinds of foods, not drinking enough water, not having adequate clothing, and being unaware of the signs of frostbite. One of the best ways to remember what is appropriate to eat when you are spending extended periods of time outside in cold weather is to use good nutrition to "build the fire within". Make sure your food consumption includes sugars, which act like a fire starter, carbohydrates and proteins, which act as kindling, and fats that produce the energy needed to keep the fire burning and your body running at peak performance. Stay away from caffeinated drinks such as soda, coffee, and tea; drink plenty of plain water or sports drinks to keep yourself properly hydrated.

To avoid these and other similar safety hazards this season, the BSA is sharing its tried-and-true winter safety tips. These commonsense tips can help winter campers, skiers, outdoor enthusiasts, and families who make highway travel plans to "be prepared" for winter hazards.