

HOW TO ENJOY

CLOTHING

IN COLD WEATHER, WEAR LOOSE FITTING CLOTHES IN LAYERS OR "SHELLS." KEEP IT DRY!



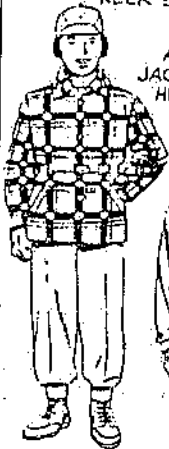
START WITH "LONG-JOHN'S" NOT TOO TIGHT.



NEXT A FLANNEL SHIRT, WOOL TROUSERS.



NEXT, A WOOL, TURTLE-NECK SWEATER.



ADD A LIGHT JACKET, WOOL CAP, HEAVY BOOTS.



FOR VERY SEVERE COLD WEATHER, OR WET, COLD RAIN, WEAR WATER-REPELLENT JACKET OR COAT OVER ALL YOUR OTHER CLOTHES; WEAR WATER-PROOF SHELLS OVER GLOVES AND GALOSHES.



KEEP YOUR FEET DRY.



WEAR HEAVY BOOTS--OR GALOSHES OVER LOW SHOES.

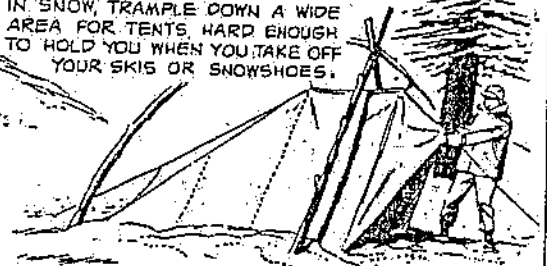


MAKING CAMP

CHOOSE CAMPSITE LONG BEFORE DARK--THE SIDE OF A HILL, IN A CLUMP OF EVERGREENS--A SPOT THAT'S NOT TOO EXPOSED. NEVER PITCH CAMP UNDER DEAD TREES.



IN SNOW, TRAMPLE DOWN A WIDE AREA FOR TENTS, HARD ENOUGH TO HOLD YOU WHEN YOU TAKE OFF YOUR SKIS OR SNOWSHOES.



PITCH YOUR TENT SO THAT OPEN END FACES FIRE. BANK SNOW AROUND TENT SIDES.

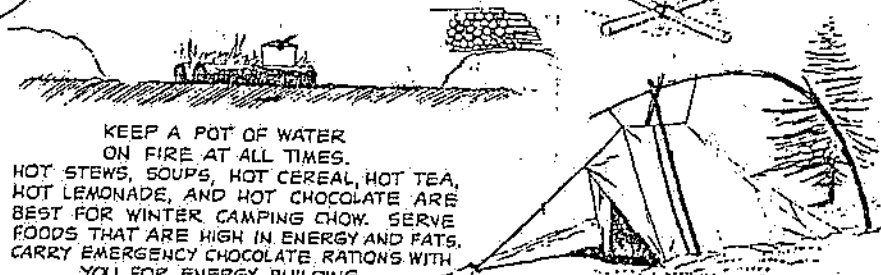


STORE UP PLENTY OF FIREWOOD. COLLECT TWICE AS MUCH AS YOU THINK YOU'LL USE.

COOKING

USE A HUNTER'S FIRE. DIG SNOW AWAY TO BARE GROUND, IF POSSIBLE. PLACE A "FLOOR" OF STICKS AND BUILD FIRE ON IT.

BURY CROSS STICKS IN SNOW TO HOLD TENT ROPES IF YOU CAN'T DRIVE IN PEGS.



KEEP A POT OF WATER ON FIRE AT ALL TIMES. HOT STEWS, SOUPS, HOT CEREAL, HOT TEA, HOT LEMONADE, AND HOT CHOCOLATE ARE BEST FOR WINTER CAMPING CHOW. SERVE FOODS THAT ARE HIGH IN ENERGY AND FATS. CARRY EMERGENCY CHOCOLATE RATIONS WITH YOU FOR ENERGY BUILDING.

BEDDIN' DOWN



A SWEATSHIRT WITH A BUILT-IN HOOD AND A PAIR OF TRACK PANTS MAKE A FINE SLEEPING OUTFIT. UNDRESS IN YOUR SLEEPING BAG--FIRST FLUFF IT UP WELL--IT'S THE AIR, NOT THE STUFFING, THAT KEEPS YOU WARM.

WHERE THERE'S A POSSIBILITY OF R.A.N.S, PITCH TENT ON A KNOLL OR GENTLE SLOPE.



HAVE MORE UNDERNEATH THAN ABOVE; MORE LAYERS OF BLANKETS OR SLEEPING-BAG, AIR MATTRESS, BROWSE-FILLED TICK ON TOP OF GROUND CLOTH.

WINTER CAMPING

...IN SNOW OR FOUL WEATHER

ANYONE CAN DO FAIR-WEATHER CAMPING. THE REAL TEST OF A GOOD CAMPER IS IN KNOWING HOW TO BE COMFORTABLE WHILE CAMPING OUT IN SNOW OR RAIN. PLAN YOUR EXPEDITION CAREFULLY. WEAR THE PROPER CLOTHING, TAKE ALONG THE PROPER EQUIPMENT, KNOW THE COUNTRY YOU'RE GOING TO HIKE OVER.

SAFETY



BEWARE OF FROSTBITE! SYMPTOMS: INTENSE COLD, NUMBNESS, GRAYISH WHITE COLOR TO SKIN. AVOID FROSTBITE BY PLACING HANDS OVER EARS OR NOSE, WARM HANDS BETWEEN ARMPITS. IF YOU FEEL "WOODEN," GET TO SHELTER QUICKLY. IF FROSTBITTEN, COVER FROZEN PART WITH WOOLEN CLOTHING, PUT ON EXTRA CLOTHING; GET WARM QUICKLY. GET TO SHELTER; HAVE A WARM DRINK. SOAK FROSTBITTEN PART IN LUKEWARM WATER. DON'T USE HOT WATER, BOTTLES OR HEAT LAMPS. DON'T GET CLOSE TO STOVE. DON'T RUB FROSTBITTEN AREAS; DON'T SHOVE FROZEN HANDS INTO SNOW. IF ONE OF YOUR GANG FREEZES HIS FEET BADLY, REMOVE HIS SHOES, WRAP HIS FEET WARMLY, LAY HIM DOWN WITH HIS FEET RAISED SLIGHTLY WHILE YOU CARRY HIM TO SHELTER. SEE A DOCTOR!



A SNOW BANK IS AN EXCELLENT WINDBREAK. WHEN IN DANGER OF FREEZING, DIG A HOLE IN THE SNOW, LARGE ENOUGH SO THERE'S AIR SPACE AROUND YOU. CRAWL IN; IT HELPS TO CONSERVE BODY HEAT.

DON'T GET OVERHEATED; YOU CAN FREEZE TO DEATH AFTERWARDS BECAUSE TOO MUCH SWEAT CONDUCTS HEAT FROM YOUR BODY THEN FREEZES.



WHEN EXERCISING, REMOVE SOME OF YOUR OUTER CLOTHING, PUTTING IT BACK ON WHEN YOU'RE FINISHED AND DRIED OFF.



IF YOU'RE CAUGHT IN A BLIZZARD, MOVE AS LITTLE AS POSSIBLE TO CONSERVE ENERGY AND BODY HEAT. KEEP CLOTHES DRY, DON'T PANIC, DON'T EXHAUST YOURSELF. GET INTO SHELTERED PLACE OUT OF THE WIND, KEEPING WARM AND RESTING. AS SOON AS WEATHER CLEARS UP, YOU'LL BE ABLE TO REACH SAFETY.



IF LOST, MAKE SHELTER OF EVERGREEN BRANCHES, BENT OVER TO FORM WINDBREAK. GATHER LOTS OF WOOD; BUILD A FIRE, KEEP IT GOING. RELAX AND WAIT-- YOU'LL SOON BE FOUND IF YOU DON'T WANDER AROUND!



IF YOUR PATROL GETS CAUGHT IN A BLINDING SNOWSTORM, TIE YOURSELVES TOGETHER. DECIDE THE BEST COURSE TO FOLLOW; HEAD THAT WAY, SIGHT FROM ONE LANDMARK TO ANOTHER. DON'T GET EXCITED; TAKE IT EASY AND YOU'LL SOON REACH CAMP.

THERE'S A LOT OF FUN IN WINTER AND RAINY-DAY CAMPING!



SKIING...



HIKING...



FISHIN' THROUGH THE ICE...



SKATING...



OR JUST SINGIN' IN THE RAIN!