

As winter arrives and temperatures drop, staying warm and safe is essential to protect against risks like hypothermia and frostbite. This brochure offers practical, budget-friendly tips to help you stay warm and safe during extreme cold weather.



Indoor Camping

Tent camping can easily be done indoors! Use blankets or a tarp to insulate a tent, especially with a thermal blanket to retain warmth, but avoid overloading the structure.



Blankets can also be used on the floor for extra insulation.



If you don't have a tent, sofa cushions and rope or paracord make a great alternative.



Layers

When dressing for cold weather, it's essential to layer your clothing effectively to retain body heat.

Inner Layer

Choose fabrics like wool, silk, or polypropylene that retain heat and wick moisture away.



Insulation Layer

Use natural fibers such as wool, goose down, or fleece to trap air and keep you warm.



Outer Layer

Opt for a tightly woven, water and wind-resistant material to shield against the elements and minimize heat loss.



Excess sweating will cause your body to lose more heat, so remove extra layers of clothing whenever you feel too warm



Know the signs

Hypothermia (abnormally low body temperature) is a dangerous condition that can happen when a person is exposed to extremely cold temperatures. Symptoms include:

- Shivering
- Exhaustion or feeling very tired
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

If you notice any of these signs, take the person's temperature. If it is below 95° F, the situation is an emergency—get medical attention immediately. If you are not able to get medical help right away, try to warm the person up.

Winter Weather: Tips and Tricks to Stay Warm





Sock Gloves

Much like winter hats keep our heads from losing heat, making sock gloves will assist in keeping your body insulated from the cold.

1. Use scissors to cut a 1-inch hole that is 2 inches down from the top of a sock.



2. Cut across the seam at the bottom of the sock where your toes go.

3. Place your hand into the bottom of the sock and your thumb through the small hole



Shoe Inserts

Keep your feet warm and dry, by lining your boots or shoes with plastic grocery bags. Place shopping bags over your feet by tying the handles of the bag together as shown in the photo.



Redecorate Strategically

Hang blankets or quilts over windows. Open your blinds and curtains in the daytime to allow sunlight warm up your home. Keep them shut at night to trap in heat.



Protect your Pipes

Foam pool noodles and socks can assist in insulating your water pipes. Wrap and tie socks around the pipe, secure with duct tape. Cut pool noodles to size of pipes and wrap with duct tape.



Know the signs

Frostbite is caused by exposure to cold temperature, often below 32°F (0°C). It is a freezing injury to the body's tissues caused by prolonged exposure to cold. Symptoms include:

- Redness or pain in any exposed skin area
- White or grayish-yellow skin
- Skin that feels firm or waxy
- Numbness



If you notice any of these signs, get out of the cold and protect exposed skin immediately. Severe frostbite can lead to permanent damage to your body.



Poncho

1. Cut a hole 12-inch hole in the middle of the bottom of a garbage bag.
2. Cut two holes at the corners of the bottom of the bag for your arms.
3. Place it over your head to stay dry.



1 Person Shelter

Cut a 12-inch hole for your face about 3–4 inches down from one bottom corner of the garbage bag. The hole will get bigger when you open the bag. Pull the bag over your head and stretch the hole over your face and under your chin. Tuck your legs inside and sit down against the downwind side of a wall or big tree.



Prep Kit Additions

Add these additional items to your prep-kit to stay ready for winter weather:

- Hybrid emergency blankets/ponchos,
- Emergency crank radios,
- Hand/feet warmers,
- Petroleum jelly (prevent windburn on skin)
- Hats,
- Gloves/mittens,
- Garbage bags,
- Batteries,
- Flashlights,

