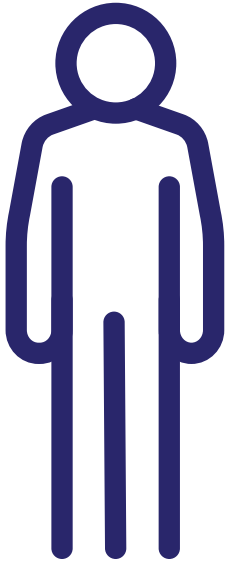


SleepOut Survival Tips

The Waypoint
SleepOut 2024

WAYPOINT

What to Wear



Head— Wear a hat that covers your ears. Consider a woolen or fleece hat and neck warmer.

Face— Wear a face (ski) mask if you have one and temperatures warrant.

Body— Wear down or winter-grade outerwear in case temperatures fall below your sleeping bag's temperature rating.

Hands— Gloves are good, but mittens are better.

Feet— Wool socks are best.

Dress in layers. Wear a base layer made of wicking material to draw moisture away from your body.

Consider using hand and foot warmers.

Know your gear. Sleeping bags come with a numerical temperature rating. If your bag doesn't indicate that it is for below-freezing temperatures, you can compensate by adding an insulated pad, a liner, a blanket, and/or wearing winter outerwear to sleep.

Every body is different. Fitness level, gender, age, body composition, and other factors contribute to the range of comfort experienced by different people. Know your body and prepare to accommodate your personal needs.

Your body needs fuel to generate heat. Eat a warm meal before heading out. It's beneficial to eat fatty foods as fat is metabolized slower than carbohydrates and will help keep you warm throughout the night.

Dragon breath effect. While it may feel warm temporarily, breathing inside your sleeping bag will actually bring moisture inside the bag and make you feel colder in the long run.

Empty your bladder. Use the bathroom just before heading out. Going to sleep with an empty bladder will conserve energy that your body would have used to keep your urine warm.

Don't bundle up while indoors. Make sure you're not yet wearing all your gear while inside watching the presentation. You may overheat and then head into the cold after sweating.