

L'Hivernant Camping

Friday Night Campout

This is basically a tailgate campout. Campsites are a short walking distance from the parking lot. Extra gear can be left in your car. About 3am in the morning your metabolism will have slowed and body have cooled down, if inadequately insulated you will wake up cold and remain uncomfortable the remainder of the night.

The Okpik (pronounced Ook-pik) program teaches the **COLD** key winter system:

C - Keep yourself and your clothes **Clean**. Dirt + body oils that build up on clothing destroy insulating properties.

O -Avoid **Overheating**. Clothing is designed to be taken off or added to in layers to maintain an even body heat. By using several lighter layers you are not stuck with one heavy layer that can't be adjusted

L -Wear clothing in loose **Layers**. 3 to 4 layers of lightweight clothing are worn under a windproof outer layer. This works because warmed dead air is trapped between the layers and within the fabrics themselves to create valuable insulation.

D -Keep **Dry**. Wet clothing removes heat 240 times faster than it will through dry clothing. Wet is trouble.

Personal Gear:

- ☐ Wool / Fleece hat that covers the ears – Use also for sleeping.
- ☐ Wind jacket with hood
- ☐ Wool/ synthetic gloves/mittens with mitten shells
- ☐ Polar Fleece jacket or Wool sweater
- ☐ Wool shirt
- ☐ Wool/pile pants- Leave cotton sweat pants, jeans and tight fitting pants at home
- ☐ Nylon wind or snow pants
- ☐ 2 Pairs of wool socks + 2 pairs of thin liner socks (Polypropylene)
- ☐ 2 pairs of long synthetic underwear (Polypropylene better...No cotton)
- ☐ Zero degree or lower rated synthetic/down mummy bag. Keep down bag dry.
- ☐ Fleece Liner / Wool Blanket Insert – Add warmth + comfort when you first crawl into cold nylon lined bag
- ☐ ½ inch (minimum) foam pad; Mat of Hay
- ☐ Clothing for sleeping
- ☐ Poncho or raincoat
- ☐ Water-resistant insulated boots
- ☐ Pack or large Duffel Bag (Optional)
- ☐ Toiletries (Toilet Paper, Toothpaste, Toothbrush,)
- ☐ Flashlight, Jack knife
- ☐ Plastic water bottles – 1 quart
- ☐ Personal First aid kit
- ☐ Lexan bowl, spoon (Fork, Knife)
- ☐ Double wall plastic mug with Snap Lid