

Hiking and Camping Tips



The following information is to assist you in packing and preparing for Genesis Hiking and Camping activities. For your convenience the information has been divided into the following categories:

Packs Clothing On the Trail Water Campsite

Food Fires Latrines Weather Conditions

Photocopy all important documents (including medical, passport, licenses, phone numbers, permits, etc.)

Leave one copy at home with a friend and take one copy with you to keep separate from originals (do not take originals unless required). Leave an itinerary, allow time to relax, and leave valuable jewelry, photographs, and sentimental objects at home. Be sure your immunizations are up to date, review your health insurance, buy trip insurance, and check your medications.

A) Packs:

Keep packs streamlined and neat. Lash packs securely, tie-up and tuck-in leaving no loose straps. Use soft items to 'stuff' areas inside. Inside pack items are not used readily and consist usually of extra clothes, food, cooking gear, sleeping bag, extra liquid, tent, and sleeping gear. The top and side compartments may contain camera, toilet kit, snacks, first aid, sunglasses, sunscreen and bug repellent, repair kit, flashlight, knife and water purification. The outside compartments and straps may hold raingear, binoculars, pack cover (or two plastic bags), jacket and safety items, foam sleeping pad, hiking poles, water bottles and other miscellaneous equipment that is usually strapped to the outside of the pack.

For flat surface, easy, travel --- Pack the heavy items close to body balanced front to back, mostly in upper half of the backpack.

For rough, steep, deadfall travel --- Pack the heaviest items lower towards the middle.

For boulders, river crossings, traversing travel --- put heaviest items in lower half. Always center the pack between the shoulder blades. Balance similar weight from left to right on opposite sides and from top to bottom like a counter balance (not tipping forward or backward).

If on the water, ---all equipment should be packed in plastic bags (large trash bags) then packed in duffel or waterproof bags. Loose items should be in a small waterproof pack (protected) that can be reached and used on the water.



B) Clothing:

Lightweight is for both hot conditions and warm water related activities. It is best if clothing has plastic zippers, Velcro fasteners, nylon, Gore-Tex, string ties, etc. Salt-water especially rusts metal on clothes! Clothes should be roomy and comfortable, still insulate when wet, adjustable for ventilation, dry rapidly, and you can add 'layers' if necessary. In heat, clothes should help maintain core temperature by reflecting the sun (light colors or white), allow air to circulate, allow water vapor to dissipate and protect skin from the sun.

Lightweight, Long-sleeved Shirt: In hot, dry, sunny climates, cotton is the most comfortable fabric. In hot and humid climates, opt for wicking (synthetic) fabrics in garments that offer easy venting options. It can act as 'dress shirt'.

Lightweight, breathable boots: Avoid all-leather and go with fabric-leather models.

Lightweight, Synthetic Convertible Pants: Keep legs on to shield against sunburn, and zip 'em off when it's hot but there is less chance of burning.

Wicking Synthetic Socks: Reducing moisture also reduces blisters. Change or rinse them often.

Sun Hat: Large brim might bump into your packs. If so, use a water soaked bandanna around neck or on head, cover your ears.

Dry Cotton T-shirt and Shorts: For camp comfort and relief from soaked trail clothes. Sweat-soaked trail clothes and socks hang to dry.

Heavier weight should still be good for wet conditions as well as cold. Although insulating more, it should be rather lightweight and compressible. Inner layers come in various weights even within 'wicking' material. These should be dependable, durable, and versatile (wear during day or sleep at night, etc.) They should be easy to maintain with very little extra decorations.

Inner layers should be capilene, polypropylene, silk, thermax, or high quality wool that contains lanolin. These materials are meant to wick moisture away from the skin and help prevent blisters, reduce rubbing, etc.

Wool: is a good insulator even if wet, dries rather easily: however, it may irritate skin. It will shrink, and is usually bulky.

Cotton: Very comfortable for around camp; however, it absorbs moisture, is not a good insulator when wet or dry, slow to dry, will mildew, and heavy when wet.

Synthetics: synthetics are lightweight, not absorbent, conserve heat, dry rapidly, comfortable, and non-allergenic. However, they are more expensive, melt or burn easily, retain body odors (although better than they used to be), and in some cases, are less durable. Wicking and non-absorbent garment transports body moisture to shell where it can evaporate. A synthetic sleeping bag, if wet, will stay relatively warm.

- 1) Insulating fabrics are: polypropylene, pile, bunting, Thermax, Capilene, Polarlite, Polarplus, Synthilla, etc.
- 2) Insulating fills are: Hollofill. Quallofill, Polarguard, Thinsulate, etc.
- 3) Shell fabrics are: Nylon taffeta, Rip-stop nylon, Cordura, etc.

A change of clothes for a return trip home is a good idea. Store them in your car, room, etc. for safekeeping. Always carry spare dry clothes stored in a waterproof bag. To stop wet clothes from freezing overnight wrap them in plastic and put them in your sleeping bag. Older work clothes for messy jobs can be discarded (properly), such as old jeans, shirts, socks, and shoes.

C) On the Trail:

Proper shoe/boot fitting: Put on with a liner sock and unlaced. Insert finger between back of shoe / boot and tendon (with two pairs of socks, sides of foot just touch inner sides of boot), toes should wiggle with one finger between heel and back of shoe / boot. Now, lace up the shoe / boot. Heel should barely lift; arch should conform as well as ball of foot. Kick your toe against an object, your big toe should not contact.

Waterproof Boots: Option: 1) Top-notch full-grain treated leather with sealed seams: 2) waterproof/breathable sock or liner: 3) Seam-sealed rubber/leather



duck-style boot. Wring out your boot insoles at night and bring them into your tent. The extra indoor warmth will help them dry.

Two pairs of socks minimize blisters. Use a thin inner sock and an outer sock. Shoes and boots should allow for foot expansion late in the day, they should breathe, support your ankle, and protect your soles. Never go barefoot, not even around the base camp nor washing (it is not going back to nature, it would be going back to stupidity and unconcern for those that would have to carry you out).

For energy conservation, use as little as possible to accomplish the task, coordinate heartbeat with breathing to regulate pace. Minimize changes in body temperature by changing clothing layers as necessary. Use rest stops and 'rest steps' to prevent exhaustion, not because of it! Hiking downhill requires you to bend your knees for safety while hiking uphill is best standing straight.

'Rest steps' mean walking flatfooted, lifting no more than necessary, locking your knee (but not hyper-flexing) to help support each step. The steeper the terrain, the shorter the step and the longer the rest period. As much as possible, depending on terrain, maintain lower weight loads. Do not exceed capacities. Allow rhythmic breathing, go slowly, and setup camp early with good meals. Watch out for too much sun (sunburn drains energy). Control body temperature, drink plenty of water, sleep well, be tolerant and considerate of others, maintain hygiene, and switch partners if necessary.

Encourage drinking and snacks; remain flexible on the trail. Establish hiking and resting times by communicating within the group (like hiking 30 min. per rest 5 min. or 1 hr. per rest 10 min., etc.) Vary your routine to use good resting sites.

Do not litter, blaze trails or trees, shortcut switchbacks or cause more trail erosion. Do not destroy plants, located near streams or water source, and located on trails or in the middle of scenic areas. Do not scorch rock, cut trees, use multiple fire sites, discard waste, leave soap scum in water or leave food or trash.

Limit swimming to waist high water with sandy, gradual slopes that are clear of debris. Use PFD's (personal flotation devices). Assign supervisors.

Be organized, clean and neat at campsite and on the trail. Be conscience of offensive and annoying habits, be cooperative. Avoid dangerous activities, help during group activities. Be honest about personal needs, not embarrassed. Use tact and soft sell when encountering uneducated campers or hikers.

D) Water: (2-4 quarts per person per day dependent upon activity, altitude, and weather). **Other drinks can be dry, liquid or frozen depending on transport, storage, and weight.**

Keep water or diluted sports drink readily available. Drink early, often and after you've finished hiking for the day. Keep more water in a handy bike bottle. Even more water can be kept in a bladder bag with a feeder hose for instant hydration. Drink a least a pint (16 ounces) of water every 20 minutes under hot conditions. Even when you've stopped, even if you're not thirsty, keep drinking.

Water under winter conditions and left in pots will freeze: so will water in your canteen. In temperatures slightly below freezing, turn the water bottle upside down so that ice forms at the bottom and not near the mouth. Some winter camping experts recommend burying your water bottle in the snow. Snow is a good insulator, and the temperature in a snow bank isn't cold enough to freeze the water. Never leave water in a water bag overnight. If the water freezes, that bag becomes useless.

Tips on reducing water loss under severely hot conditions or emergencies:

- A. Keep still to reduce sweating.
- B. If it is hot, build some shade.
- C. Eat little: water is used to digest food.
- D. Sleep in shade during the day and work at night.
- E. Breathe through the nose, not the mouth; less moisture will escape.
- F. If it is hot, do not lie on the ground; it can be up to 16-17 degrees hotter on the ground than above it.

- G. Wear clothes to protect you from the sun and wind; both cause water to evaporate through the skin.
- H. Drink water in sips rather than gulps; guzzling when very thirsty could make you vomit and lose yet more water.

E) Camp Site:

Established campsites are lawful, safer, sounder and take less skill to maintain. Facilities are often near for water, electric, showers, bathrooms, etc.

Pristine campsites are harder to get to, take permits, are higher quality for wilderness experience and offer more privacy, but take a lot more work.

Seek the most level spot for shelter. Camp out of the wind, if possible, behind a natural windbreak. Make sure it is protected from rain, lightning and floods.

Keep away from solitary trees as these attract lightning. Check for signs of past water accumulation. Stay out of natural run-off areas. If necessary, create a shallow trench to divert water. Never camp in depressions where water might gather or near lakes or rivers that might rise during the rainy night. Check the area for dead trees, limbs, twigs, roots, stones, falling rocks, cones and other debris. Also, check the direction the camp faces in regard to slope, sun, weather and view.



If raining, set up a tarp first then bring backpack under cover. Begin setting up tent under a tarp that acts as a giant vestibule for cooking, dining, and living. Last thing to be taken down in the morning. Sealed seams are necessary. Vestibule is optional with a trap, almost essential without one. The larger the better. Leave wet clothes, boots, and dogs here. Seal seams.

Rake or brush site clean to protect the bottom of the tent and for more comfortable sleeping. If not entirely level, keep your head uphill. Do not set up on animal or insect homes or destroy vegetation. Do not camp too close to water, as it is an insect breeding ground. Keep your debris neatly off to sides so you can replace it later.

Make camp before the group is tired and darkness falls. Early afternoon is best. Know the local rules and regulations. Avoid causing erosion, protect wildlife habitats, and walk lightly around existing ground cover. Protect the existing water supply by making camp at least 200' away from it. Be sure the camp is large enough to service your expected use. Check the site completely when leaving, making sure the area is restored to its original state and no natural materials have been disturbed.

Limit group equipment/item handling. Kitchen and food, shelter and base camp, transportation, first-aid kit, camp fires, and activity gear should be handled by those specifically trained and/or assigned to better keep track of parts and items. These 'Czars' remain responsible from set-up through tear down. Example: If at least one person knows the packing, meal plans, and consumption of all the food items, others are not digging through and upsetting location, defrost schedules, and meal planning.

Use of Biodegradable soap can cause cultural entrophication where nutrients are too high and rapid growth of plant life blocks sunlight, thus decreasing photosynthesis, which causes the plants to die consuming oxygen. Use sparingly and away from water source.

Avoid sharing eating utensils and sterilize in boiling water. Be sure water bottles are clean. Use gloves in cooking. Have a separate storage bag for sooty cooking equipment.

To wash and shower, fill container with water and use 200' from H₂O source (wet down---soap up---rinse off---and dry). It is wise to bath or spot wash (use wet-ones, etc.) everyday for increased sanitation and good spirits. "Spot washing" includes armpits, crotch, feet, hands, teeth, and hair. If not, at least wash face and hands (always before cooking and preparing food).

F) Food:

Some safety tips are to use gloves around the fire or pot grips. Pour away from you, remove from stove before stirring, remove from fire before adding food, and do not pass hot items over someone else. Keep extra water close for accidents, watch for loose clothing or long hair and always cut away from yourself.

Use plastic containers and bags (they are lightweight, re-useable and safe). Never leave plastic in the environment. Put cheese in freezer wrap or cheesecloth, then bag it. Fruits and vegetables should be rehydrated in hot water before adding to meal. Organize food by meals, by color (etc.) to use easily. Don't use plastic ties; knot instead (keep fairly loose). Lift items from the bottom and double bag possible leaks.



Packing a cooler for the long haul takes some skill.

- A. Styrofoam will not cut it! Use a molded plastic with insulated core and pluggable drain hole.
- B. Vacuum pack meals and freeze rock hard or use re-sealable storage bags. Repack condiments in sealable plastic containers, freeze non-carbonated beverages, and pre-chill everything else.
- C. Block ice works best. Remove from bag and sculpt/break it to make a single slab on the cooler bottom, then stuff crevices with crushed ice.
- D. Layer frozen meals chronologically, last meal goes in first. Cover food with block ice; fill in air spaces with crushed. Top it with dry ice wrapped in newspaper.
- E. Put perishables in a separate cooler. Cover bottom with block ice and put a sheet of hard plastic drilled with holes on top. For short hauls, freeze water in Nalgene bottles or ½ gal. Milk jugs (this keeps the cooler dry and gives drinking water when thawed).
- F. Duct tape the cooler shut. Insulate it with duffels or cover it with wet burlap.
- G. Appoint a cooler “Czar” (as described under camp site) so that only one person has access and, thus, limits the thaw due to no excessive opening or lack of knowledge of where everything is!

Food calculations:

- A) # of people x # of days x # of calories per person = min. calories needed for trip.
- B) # of people x # of days x # of lbs. = min. lbs. needed for trip.
- C) Setup into computer to generate food lists with automatic calculations.
- D) Backups of crackers and cheese, canned meats (not backpacking) and energy bars can see you through an emergency.

Hints:

- A) For longer trips (not backpacking), pack in bulk containers and plan as you go.
- B) For shorter trips, count the meals, plan menu, and prepackage.
- C) In cold weather / exertion, increase the calories.
- D) Consider age, size, special needs, allergies and medical conditions.

One calorie is a unit of heat that raises 1 gram of water 1 degree centigrade. In summer, use 2800 to 4000 calories per person and, in winter, 3800-6000 calories per person for wilderness travel.

Carbohydrates should be about 60%, fats 20-25% and protein 15-20% of the diet. Approx. 2 lbs. of food per person per day is necessary. Consider such things as energy content, nutritional balance, bulk of weight, spoilage, expense, packaging, variety and preparation time.

Getting food ingredients ready ahead of time on a tablecloth or clean surface saves waste of fuel. Do all special preparations before lighting stove. Dehydrated items first (10-15 min.), then pastas, then thickeners (add water a little at a time).

Foil heated food is fun. Cheese wrapped in cabbage leaves, green peppers stuffed with tuna salad, and apples filled with cottage cheese are examples. Eliminate as much liquid as possible from food when backpacking (use dry mix cheese, vegetables, soups or meats).

Flour makes a good thickener. Vegetables, oil, margarine, and powdered milk should be added to most dinners for nutritional gain.

Food waste disposal depends on facilities. Food particles can be bagged and carried out or, if a very hot fire (going strong), they can be burned completely with a shallow hole in one corner for liquid.

Bears: avoid bedding areas (secure, cool areas with thick, low, ground cover). Keep tents away from food areas and not between food and habitat. Also, group tents in a line rather than a semi-circle that might contain (leave an avenue of escape). Keep food in bear boxes, 12' up and 6' from nearest tree. For smaller animals, 4' up and 4' from nearest tree.

G) Fires:

Make sure fires are permitted by law. Check for ample wood. Will it be replenished in a reasonable time? Is it a safe location? Water should be available and there should be no adverse impact. Never build a fire on litter, soil or duff soil (decomposing litter, which may be compacted or compressed). Never use waterlogged rocks (they explode with heat). Best to build on mineral soil and wear gloves.

Consider a fire a luxury. When collecting wood, pick up what is on the ground (as law allows) collecting a variety of sizes. Make sure you collect enough the first time. Softwood is good for tinder, kindling, and burns hot. Hardwood makes good coals, and is good for baking and cooking. Before starting the fire, consider combustible debris that is around, combustible fabrics, the weather (drought?), the wind and distance from tents.

Always use an established fire first (assuming it was done correctly). You can use a mound or pedestal fire on mineral soil, 3" of soil, over stone, or when using a fire-pan technique on a non-flammable surface. To create a firepit, collect and store ground for restoring, line the sides, and dig down to the mineral soil level (about 8").

You will need tinder, kindling, and fuel wood. You can build a 'Lean-to' type, a 'Teepee' type (good for rainy weather), or a 'Log-cabin' type of fire. Ignite the fire a few inches above the ground. If in bad weather, use dry 'twiggy bag' or pitch from trees. Look in dry areas, carve wood, or create dry surfaces.

To restore, burn wood to ash and completely extinguish the night before. Make sure the fire is completely out by dousing with water and stirring until it is cool enough to touch with your bare hands. Then distribute the ash randomly when cold and replace the soil in the correct order.

H) Latrines:

No food waste, tampons, napkins, or trash (burn or carryout). Tampons or napkins can be burnt in a very hot fire. They can also be put in a double plastic bag with 1-2 aspirin tablets to keep the odor down.

'Cat holes' are only temporary sites used during the day hike or one night. Otherwise, create a latrine at least 200' from water sources and in well-drained soil. Dig to the 'biological action' depth (duff layer is 8") in a private location with proximity to camp (but not a good campsite). A rectangular trench is good (straddle easier). Set the sod aside carefully and water it if necessary. Leave soil next to the latrine with a trowel and sprinkle a little on to keep flies and odor down (not too much). Carefully burn all toilet paper (if conditions allow). Urination does not require a latrine, but everyone should know where it is done. Use a 'marker' to indicate when the latrine is occupied and wash your hands after use.

I) Weather Conditions:

1) Wet Hiking: Put on rain clothes or protection before getting wet! Never slack off. Use sealed cuffs, minimize raising hands, and make sure clothing does not protrude beyond cuffs. Have a waterproof / breathable jacket (or equivalent) with full side zips (handy). All seams taped or sealed on pants and jacket. Water repellence recently restored by heat (dryer) or fabric treatment.

Gaiters: Essential for preventing water from flowing down leg and into boot. They should be worn under rain pants for an overlapping single effect. Need to have sealed seams.

Umbrella: Allows more versatile and breathable clothing options underneath. It protects gutter zone between rain suit and backpack. Improves view by allowing hoodless hiking.

Waterproof Stuff Sacks/Plastic Bags: Large plastic bag or waterproof stuff sack lines entire pack. Essential! Stuff sack containing critical gear (sleeping bag, spare clothing, insulation jacket, food, etc.) should also be lined with plastic. Soaked items stay outside backpack. Put maps in zip-loc bags, folded so you can read them through the bag

Staked Out Rainfly: All seams taped and/or sealed and checked before each trip. If a tarp is unavailable, cover the tent with loose rainfly during rainy setup. There must be space for air movement between inner tent and fly even when wet and stretched. An absorbent towel, super absorbent synthetic towels (available in outdoor store), and/or sponges clean up puddles inside tent and boots. Tent door away from wind. Fitted ground cloth adds another barrier against ground water. Be sure ground cloth doesn't protrude from under tent where it can catch water.

Rain suit: When the rain stops, wear your rain suit because body heat will dry waterproof/breathable fabrics from the inside out. The same goes for thin synthetic gloves and clothing.

Dry your gear as soon as possible when you get home. Mildew can delaminate rainflies and tent floors and makes everything stink.

2) Hot Hiking: Salty and Revitalizing Snacks are good so keep nuts, fruit and energy bars handy.

Have a drug-free body. Antihistamines (cold and allergy medications, for instance) decrease sweat rates.

Have a heat-acclimated body. Get ready by moving around in the heat for at least two hours a day for a week before a heat-intensive trip.

Have a clean body. If you can bath daily without undue environmental impact or inconvenience, you'll be more refreshed: unclogged sweat glands open and cool more efficiently.

Shade: Camp and rest sites should take advantage of natural sun relief. Pitch a tarp to create your own little grotto.

Comfortable Pack: External frames are ideal for good against-the-back ventilation and wicking padding.

Ultralight Sleeping Sheet: More breathable on warm nights than an insulated sleeping bag. If night temperatures drop significantly, light sleeping bags can be made more comfortable (but a bit warmer) by lining with a cotton bed sheet. Under extremely hot conditions, you can soak the sheet and sleep cooler.

Light-Colored Screen Tent: Leave the rain fly off unless thunderstorms are imminent. Window/door into prevailing winds, away from direct sun. If at a cliff, pitch tent where earliest possible shadows will hit. When biting, stinging creatures aren't a threat, a reflective tarp will do.

Heat exhaustion symptoms come on slowly. Watch for headache, weakness, nausea, poor appetite, vomiting, chills, dizziness (or lightheaded) and dehydration (look for dark urine).



Heat stroke symptoms include erratic behavior, disorientation, loss of coordination, seizures, rapid heart rate and breathing (can be sweating or dry). Evacuate immediately.

Treat heat illness by moving the person to a cool, shaded spot, then remove any restrictive clothing. Rehydrate, preferably with electrolytes. You can also fan the person and splash or soak with tepid water. Never use cold water because it constricts skin surface blood vessels and reduces cooling. Don't give fluids to Heat Stroke victims due to risk of vomiting and aspirations and do not give acetaminophen or aspirin to "reduce fever". They must be cooled radically (immersion or aggressive evaporation).

3) Cold Hiking: Registration is extremely important. The rigors of winter hiking make it all the more important that someone knows where you are. If there is a registration box at the trailhead, sign in. Always leave your itinerary with a friend or family member.

Group size: A winter party should include at least four members, especially if you are going above tree line.

Stay warm and dry: Your full-time job in winter hiking or camping is to stay warm and dry. Constantly adjust your clothing layers. While hiking, you want to be wearing enough so that you stay warm without overheating (If you are feeling hot, you are sweating too much, which means your clothes are getting WET!). As soon as you stop, take off your sweaty clothes and put on new layers of dry ones.

Keep your head warm: Remember that the layering principle works for your head. Your hat is your most important item: the first layer to put on when you are cold, and the first to remove when you are hot. In really cold weather, try using a balaclava and a hat. Still cold? Add the hood of your waterproof jacket.

Hands and Feet: Pay attention to your extremities: Include pile socks and down or synthetic fill booties to keep feet warm at night and pile mittens, overmitts, and polypropylene glove liners (bring two pairs of liners).

Keep Gear From Freezing: The sweat in your boots will freeze overnight, and in the morning you'll feel like you're wearing blocks of ice. Sleep with boots (and anything else that can freeze) stuffed at the bottom of your sleeping bag. In temperatures that hover around zero, this includes batteries and your fuel bottle---the fuel won't freeze, but warm fuel works better than cold fuel.

Sleeping Bags: Make sure your bag is warm enough for the conditions. If in doubt, take along a vapor barrier liner or bivy sack, each of which adds a few degrees of warmth.

Allow Extra Time: Everything takes longer in winter. It takes more time to start a stove with clumsy cold fingers or while wearing gloves. It takes longer for freezing cold water (or snow) to come to a boil. It takes longer to take a tent down since you'll have to stop to warm your hands and remove condensation that makes the poles stick to the tent fabric. The only thing that happens fast in winter is sunset: Make sure you reach camp early enough to get your chores done before dark.

Avoid Touching Liquids: Don't let your skin come into contact with any liquid, particularly fuel, that remains liquid far below 32 degrees Fahrenheit and which can cause instant frostbite. Also, avoid touching metal fuel canisters with bare hands, since the metal will be as cold as the fuel inside it. Skin can actually stick to a super-cooled fuel bottle. Rolling some duct tape around the fuel bottle helps (also provides a stash of tape for emergency repairs).

Plan Short Days: In northern climates, it may be dark for 16 hours or more, leaving you a mere eight hours to strike camp, travel, make camp and cook. Winter mileage is invariably shorter than summer mileage, and if you're traveling on snowshoes, it's much slower, too.

Making Camp: If you're camping on snow, you'll need to tamp it down so that you have a firm, even base to sleep on. Stomp out a tent pad while wearing your snowshoes or skis. If anyone in your group is a little chilly, this job might help warm him up.

Hypothermia: Never forget that hypothermia can kill. When body heat escapes faster than your internal workings can generate warmth, your core temperature can drop and trigger this potentially life-threatening condition. Mild to moderate (97-90) symptoms can be irritability, lethargic, withdrawn, shivering, loss of fine motor skills and mental

status changes. Severe symptoms can be decreased mental status, pulse, respiration, and blood pressure with no shivering.

Treatment is to reverse the cold, increase heat production and retention, increase calories and hydration, treat gently, and treat other problems. If severe, add heat to groin and head, insulate, no aggressive warming (no hot tubs), and evacuate.

Do's and Don'ts:

- A. Never rub your body to try to warm yourself up.
- B. Never take alcohol.
- C. Never warm yourself up very close to a fire.
- D. These activities reopen the surface blood vessels, sending icy blood straight back to the to the vital organs.
- E. Never keep walking: you use up vital energy.
- **F. Instead, Get into shelter immediately.**
- G. Get into a sleeping bag, insulated from the ground by dry bedding.
- H. Wrap yourself in as many layers as possible.
- I. If possible, huddle close to a friend for body warmth.
- J. Take warm drinks such as broth or sugared tea.
- K. Eat plenty of easily digested foods, especially sweets and carbohydrates.

4) Basic Survival: If you are caught in a survival situation, try to do the following things immediately:

- 1. Get yourself and anyone else out of any further danger.
- 2. Apply first aid if you or anyone else is injured.
- 3. Move any supplies of equipment, food and water away from danger.
- 4. Protect yourself physically from the elements by getting into shelter as quickly as possible.
- 5. Examine the supplies that you have with you and decide your priorities. For example, in very hot conditions you may need to look for water right away.
- 6. Decide whether you are going to stay where you are or try to move to another spot where you are more likely to be rescued.