

## **Hello Sleepers, Here are a few hot tips for staying warm during our cold night outside.**

- **LAYERS:** Dress in layers. Wear a base layer made of wicking material (to wick moisture away from your body).
- **BODY:** Down- or winter-grade outerwear is an especially good option if temps fall to a level that is colder than your sleeping bag can handle.
- **FACE:** If you have a facemask, bring it.
- **HEAD:** Wear a hat that covers your ears. Your SLEEPOUT HAT IS GREAT! Consider a woolen or fleece hat and neck-warmer.
- **FEET:** Wool socks—the best!
- **HANDS:** Gloves are good, but mittens are better.
- **WARMERS:** Consider using hand and foot warmers.
- **KNOW YOUR GEAR.** Sleeping bags often come with a numerical temperature rating, but if your sleeping bag doesn't indicate that it is for below freezing temps, you may compensate; perhaps bring an insulating pad and/or a liner or weather-grade blanket.
- **EVERY BODY IS DIFFERENT.** Fitness level, experience, age, gender, amount of body fat, and other factors, all contribute to the range of comfort levels experienced by different people. Know your body and accommodate your personal need.
- **THE BODY NEEDS FUEL TO GENERATE HEAT,** so eat a hot meal before heading out to the SleepOut event. Apparently, it's beneficial to make the meal a fatty one, as fat is metabolized more slowly than carbohydrates and will last for longer as you sleep.
- **DRAGON BREATH EFFECT:** While it may warm you for the moment, breathing inside your sleeping bag tends to moisten things and can counteract the immediate warmth it creates. Be sure to breathe outside of your bag.
- **BLADDER:** Go to the bathroom just before you head out for the night. Our bodies use heat to keep urine warm, so make sure to go to bed with an empty bladder to conserve heat.
- **WHEN INSIDE:** Be sure to not wear all your gear inside/in your car prior to going out for the night. You'll not want to get overheated and then go out after sweating. Layer up as you go out.