

Dressing for Success

1. Maintain 98.6 degrees
 - #1 way...through proper clothing
 - Protect your core...if core is warm, blood flows to the other parts of your body
 - Remember, your body creates the heat, clothes only maintain it
2. WWW (the three W's) Layered Clothing System
 - Wicking Layer: moves moisture away from your body, use fabrics that do not absorb moisture (Cotton Thermals are a bad choice)
 - Warmth Layer: absorbs the moisture and insulates, use fabrics that maintain their insulating properties when it gets wet (Cotton Sweatshirt is not a good choice) multiple warmth layers can be used
 - Wind Layer: prevents the wind from blowing away the trapped heat in the other layers...also needs to be able to let the moisture escape (anyone know of a cotton product that can do this?) PVC rain suits are also not a good choice
 - 2 lessons here...leave the cotton for going to the mall, and dress in layers
 - Layers: are easy to change out when wet, easy to regulate body temperature
3. Amount of Clothing
 - Know the conditions: we should encounter temps between 0-20 degrees
 - Know the level of activities: we will be very active when snowshoeing and not as much when Ice Fishing
 - Know your body: Do you sleep very cold, but get very warm when moving?
4. The Cost
 - Borrow an old wool sweater, ask at Troop meetings for coats or boots your buddies have outgrown
 - Look for sales, especially in January(merchants getting ready for Spring)
 - Wal-Mart has an inexpensive breathable outer shell
 - It's only 3 days...ask to borrow if you don't have it
 - One thing to buy: Polypropylene wicking layer, can be used on all Scouting adventures, extremely light and very effective
5. COLDER (second acronym to learn)
 - C: **clean**, clothing loses it's effectiveness when dirty
 - O: **overheating**, avoid it!!! Clothing will stay drier and warmer
 - L: **layers**, layers, layers, remove or add them as needed, anticipate changes
 - D: **dry**, keep and stay dry from internal and exterior moisture
 - E: **examine**, pay attention to your clothing (hard to do when having fun)
 - R: **repair**; quickly repair any problems with your clothing (have you ever heard anyone say it can't be fixed with duct tape?)
6. Experiment
 - Try different combinations at home or on trips
 - Make sure your middle stays covered (clothes should overlap)
 - Make sure everything is loose (adults and scouts grow...just in different ways)
 - Remember "if your hands are cold, wear a hat!!!" you can lose up to a half of your heat production through your head!!!
7. Miscellaneous
 - Read the Operation Zero Handbook (also BSA Handbook & Fieldbook, REI.com etc.)
 - Explain the different types of boots, clothing material differences, gear list
 - Be careful with fire...synthetic material burns very easy...and with all the layers, it can melt before you feel it!!!