

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. 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.** So, you may not have a \$749 North Face sleeping bag that is made for a night at the Arctic Circle. 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.
- **WHILE INSIDE:** Be sure that during the presentation (early part of the night if/when we are inside) that you are not wearing ALL your gear. You will not want to get overheated and then go outside after sweating. SO, layer up as you go out.