The Keys to Sleeping Warm

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| **Are you dehydrated?**  Make sure that you stay properly hydrated throughout the day. Dehydration can lead to a cold night’s sleep. |  | **What clothes do you wear when you sleep?**  Often times adding an extra layer (especially a beanie) can add extra warmth. Try to avoid cotton. |
| **Have you had the proper daily caloric budget (calories consumed vs. calories expended)?**  Be prepared with proper food and enough of it. |  | **Are you naturally a cold person?**  We recommend erring on the side of caution and choosing a bag that is rated 5-10 degrees warmer than you would normally choose. A sleeping bag can always be unzipped if it gets too warm. |
| **Are you using the proper sleeping pad?**  Always choose the right sleeping pad for the conditions you expect to encounter. Not only do they help with a comfortable night’s sleep, but they shield your body from the cold ground. |  | **Is there moisture in your sleep system from condensation and perspiration vapor?**  Never go to bed with damp clothes on and try to air out your sleeping bag in the morning before putting it in its stuff bag. |
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