

WINTER CAMPING

By Barb Aven

Camping in the snow can be a lot of fun as long as you are properly prepared. There are no bugs or dirt, just lots of fluffy white snow.

Shelters –

- Tents – tents need to be strong and have a sloped roof to shed the snow. Pegs do not work in snow so you must use deadheads (ie logs, ski poles or plastic bags filled with snow) and bury them in the snow. Never pitch your tent under snow-laden branches or at the bottom of steep slopes. Pack down your tent site using boots or snowshoes before setting up your tent.
- Quinzee – these should hold 2 campers and require at least a metre of snow. Please see attached directions on how to construct.
- Snow trench – these should be for no more than 2 campers. Find a flat spot for your shelter. Dig a trench in the snow 40 cm longer than your body and about 1m – 2 m wide. Dig until the trench is 1 metre deep, piling the snow up on the side of the trench. Face the door away from the wind. Place several poles across the top of the trench, cover poles with a tarp and then add some snow to hold it down. Make 2 air vents on opposite sides of the shelter for ventilation. Cover the entrance with a small tarp or blanket.

Clothing –

- Dress in loose-fitting clothing, and in layers. These layers should include a thermal inner layer, fleece or insulating jacket and a windproof shell. Pack several toques so you have a dry one to wear to bed. You will lose 30% of your body heat through your head. Use mittens instead of gloves and have several pairs so you will always have warm dry hands. Wear warm insulated boots that leave room for extra socks and wiggle room.

Food

- You will burn 3 – 4 times more calories to keep warm at winter camp. Eat instant-energy carbohydrates such as grains, pasta, potatoes, dried fruit. Drink lots of soups and hot drinks. At winter camp there are 6 meals – breakfast, snack, lunch, snack, dinner and bedtime snack (proteins). Winter camp is the only time you can take food into your tent to have a protein snack in the middle of the night when you feel cold.
- You need to drink lots of water at winter camp. Liquids are critical for the body's heat and energy production.

Fun and Games

- You should keep active at camp but do not sweat too much. Remove layers when you get warm and put them back on when you stop. Snowshoeing is a great activity for winter camp. Most girls can manage snowshoes. Add a ski pole for those that are nervous.
- Tobogganing is fun too but make sure to have extra dry clothing to put on after.
- Men in White game – Each team member must wear a blindfold except for one team leader. The team leader who is not blindfolded will direct the

others to build a snowman at least the height of the smallest team member. The team director may not touch the snowman but may only give instructions. Add a hat and a carrot to finish.

Recipes for winter camp

SUNRISE SPUDS (for breakfast)

In a zip lock bag put:

½ cup Idahoan Instant mashed potatoes – the one that you just add water to

Add any or all of the following:

1 tbsp crumbled bacon

1 tbsp grated cheese

1 tbsp sliced green onions

Spices to taste – dill, salt, pepper, paprika etc.

Put zip lock in a bowl and add ½ cup+ boiling water to ingredients. Stir and enjoy.

If you hold the bag in your hands it will also keep them warm.

Apple Crisp (for dessert)

Dehydrate 6-8 peeled apples at home

Topping (prepare at home)

- 1 cup rolled oats
- ¾ cup brown sugar
- ½ cup flour (white or whole wheat)
- 1 tsp cinnamon
- ¼ cup margarine

Stir rolled oats, brown sugar, flour and cinnamon together in a bowl. Cut in margarine.

Spread on a cookie sheet and bake at 300F for 30 minutes, stirring frequently.

At camp, soak apples in warm water until soft. Serve with topping.

Serves 4 – 6

GORP Squares (for snacking)

12 oz chocolate chips

6 oz butterscotch chips

1 cup quick rolled oats

½ cup honey

½ cup chopped walnuts

½ cup raisins

½ cup coconut

½ cup cashews

½ cup almonds or peanuts

½ cup toasted wheat germ

Melt chips in a double boiler or in microwave. Add honey. Pour over remaining ingredients and mix well. Pat into a greased 9" pan and cool. Cut into squares.

Also see the tips for camping in the Fall on other website pages.