

The C.O.L.D. System

Here is the greatest acronym for remembering how to keep warm during winter activities.

C-Clean
O-Overheating
L-Layers and Loose
D-Dry

- C- Keep yourself clean and your clothes **CLEAN**. Dirt and body oils that build up on clothing destroy its insulating properties
- O- Avoid **OVERHEATING**. Clothing is designed to be taken off or added to in layers to maintain even body heat.

The primary source of overheating on Scout trips is –too many clothes on the boys for the car ride to the event. Parents bundle the boys up for the weather at the event. Then they ride in a warm/hot car to the event and are all sweaty before they get there. As soon as they get out of the car the cold air hits the sweat from the car ride and poof—they are cold and miserable immediately. Either keep your car cold inside or have the boys remove several layers for the ride.

L- Wear clothes **LOOSE** and in **LAYERS**.

D- Keep **DRY**. Wet clothing removes body heat 240 times faster than It will dissipate through dry clothing. Wet is trouble.

KEEPING WARM

What keeps you warm?

When you really study what keeps you warm, it becomes clear that it is YOU. your body produces all of the heat that you need. Your clothing is designed to hold in what ever heat you need to feel comfortable under a variety of conditions and activities. You will notice that winter clothing is loose. This is because tight clothing restricts the flow of blood so that the body heat cannot move around, just like a when a faucet is turned off. That is why tight boots mean cold feet and a tight belt means cold legs.

To regulate the amount of heat and not get overheated and wet with perspiration, adjustments can e made to open up the coat and loosen up the waist, sleeve cuffs, and the neck opening, allowing heat to escape.

The old adage, "If your feet are cold, put on a hat", is true. The head is the primary source of heat loss. A knit cap worn under the hood of your coat will eliminate much of this heat loss.

Mittens are warmer than gloves. Good glove or mittens are critical to keeping warm. Keeping them dry is a must.

Feet are hard to keep warm. They have many moisture producing sweat glands which can make the feet wet. If the rest of the body is not properly insulated, blood flow to the feet is sharply reduced as the heat is directed elsewhere. The result is COLD FEET.

Two layers of socks are needed to combat cold feet. The first inner layer is worn to draw away moisture. Liner socks made of polypropylene, silk, or olefin work best. **Do not go out with cotton socks next to your feet.** Cotton holds moisture next to the skin and then looses all insulating abilities when wet or damp. Cotton socks will cause cold feet. The outer layer holds the moisture away from the foot, insulates and cushions feet. Nothing beats a good pair of wool or wool-nylon socks for this purpose.