



Heat production requires the burning of ingested or stored calories. As the availability of calories decreases so too does a person's ability to produce heat through shivering or exercise. Your friend is mildly hypothermic and her judgment is impaired. It's likely that most, if not all, members of your party are in a cold response. After multiple days of wet, cold weather, both food and additional layers are imperative if you hope to avoid additional problems on the way to your car. Stop, eat, and warm everyone up before continuing on to the car (even if it means setting up a temporary camp and getting into sleeping bags).