



Your initial concern is the student currently in her sleeping bag who refused dinner; calories are a vital part of staying warm throughout the night. Send someone to wake her and bring her to dinner. Build a fire in front of the sleeping lean-to to reflect heat inside. Hang, thaw, and dry (as best as possible) any frozen bags and parkas. Make sure everyone is in dry clothes. Inventory the students' sleeping bags looking for right and left-handed zippers. Organize the students into groups of three for sleeping. Have the coldest person in the group get into their sleeping bag and place their sleeping bag in the center of two zipped bags; put a "warmer" student on each side. Have the outside students cover their heads with their parkas. Give each student a bag of snack food (containing carbs, protein, and, if possible, fat); instruct them to eat from the bag if they wake in the night. Have each student place a hot water bottle covered with a sock or sweater near their feet; test each bottle to make sure it doesn't leak. Prior to getting into bed for the evening, have the students go for a snowshoe until they are completely warm, ideally a little hot but not sweating.



