



Your immediate concern is keeping everyone warm during the night. To reduce wind exposure, erect your pyramid tarps over a sleeping pit dug at least three feet into the snow. Use blocks from the excavation to protect the exposed mids from the prevailing wind. Identify the students who traditionally sleep the cold. Divide students into groups of three; ideally each sleeping group should only have one "cold" sleeper. Zip two sleeping bags together and place the third inside the zipped bags. The "cold" sleeper has his/her own bag, is surrounded by the other bags and sandwiched between two other students. Everyone should wear numerous dry layers to sleep in. Place any extra soft gear, including packs, between the ground sheet and sleeping pads to increase ground insulation. Prepare hot water bottles to aid in keeping everyone's feet warm during the night; cover them with a few hiking socks to prevent burns. Students on the outside of the three person sleeping group should use their parkas to prevent heat loss around their heads; everyone should wear hats



Cooking can be done in each shelter as long as there is adequate ventilation. Everyone should eat a hot meal prior to sleeping and take a high-energy snack to bed with instructions to eat the snack if they wake up cold.

Prior to heading to bed, students should go for a walk to warm up. Going to bed warm is critical to staying warm at night. Ideally you should go to bed slightly hot (but NOT sweating). Your sleeping bag will be cold when you get into it and the coolness should feel good (rather than start you shivering).

IF, despite all precautions, students slept cold, consider leaving the field to obtain additional cold weather gear and food, waiting in a warmer location until it warms up, or simply ending the trip early.

Consider using "feed bags" during the following day if it remains cold.