**Sleeping in Cold Weather**

Even in a good sleeping bag, you can still get cold in 37 weather. Here are some tips to help you weather those cool nights:

* 1. A Good Sleeping Bag. If your child is still using the
	old Pikachu sleeping bag that cost $10 and was
	made in China, you might want to upgrade.
	2. Long underwear or sweatpants
	3. Socks
	4. Layer up on the shirts – 1 T-shirt, 1 Thermal or long-sleeve shirt, Sweat Shirt
	5. Wool hat – while everything else is toasty warm your head is exposed
	6. Scarf – All sorts of uses – Face, neck, wrap up whatever is cold.
	7. Gloves or mittens – fingers and toes are usually the first to get cold.
	8. Air Mattress, Sleeping Pad, or Cot – Get off the cold ground.
	9. Extra Blanket to throw on top (or sleep on if you don’t have an air mattress or sleeping pad)
	10. Drink something warm before you go to sleep.
	11. Chemical hand warmers if fingers and toes get really cold.

**The positives of camping in the cold:**

* 1. You are not sweaty and sticky
	2. Fires are more appreciated than in the summer
	3. Few to no bugs
	4. Drinking water stays cold
	5. Fellow campers don’t smell as bad