

Skills

Moderate your pace or remove layers (or hats, like these snowshoes on Mt. Rainier) to minimize sweating in cold temps.

Beat the Cold

Keep yourself (and your supplies) from freezing this winter with tips from Philip Werner, an Appalachian Mountain Club leader and founder of sectionhiker.com. BY CAROLYN WEBBER

ON THE TRAIL

1) Fuel up. You'll need more calories in cold weather. Pack food snacks close to your body. Good bets: chocolate, cookies, fatty nuts, and small chunks of cheese and salami. **2) Prevent your water from freezing.** Wrap bottles in wool socks or insulated carriers. Bring a wide-mouthed bottle; the larger surface area is less likely to freeze. Flip bottles upside down to prevent freezing at the top. **3) Preserve power.** Pack cold-resistant lithium batteries (alkalines lose power in subfreezing temps). **4) Keep feet warm.** Wear oven bags (Werner likes Reynolds brand) under your socks; the nonbreathable layer prevents sweat from making socks and boots damp (for more on using vapor barrier layers in winter, see sectionhiker.com/tag/vapor-barrier-clothing).

IN CAMP

1) Avoid low-lying campsites. Cold air collects in valley bottoms. **2) Sleep with your boots.** Slip them into a stuffsack and store in your sleeping bag to avoid frozen footwear in the morning. **3) Boost internal warmth.** Place heat packs or hot water bottles where large arteries are pumping blood (like the femoral artery by your crotch). **4) Use a liquid-fuel stove.** They work in extreme cold, while most canister stoves don't (see page 90). Tip: Wrap the fuel bottle with duct tape to prevent cold injuries. Fuel makes the metal bottle freezing to the touch.

