HOW TO SLEEP WARM

1. GO TO BED WARM

Do a few jumping jacks, push ups – just enough to warm yourself up but before you start sweating. If you get in a sleeping bag when you are cold you'll likely stay cold.

2. FUEL UP



If it's going to be a very cold night consider a pre-bedtime snack that will keep the furnace burning. Slow burning fatty snacks are better than refined sugars or caffeine.

3. WATER



You need to be well hydrated to stay warm.

How much water to drink within the hour or two before you go to sleep is determined by how fast you process it. If you need to get up early drinking a lot of water before bedding down will serve as a natural alarm clock – it can be tricky to get the timing right. If nature calls in the middle of the night get up and go! Holding it in makes you colder.

4. CLOTHING



Change as much of your clothing as possible. The clothes you wore all day will be a bit damp and cold. If you wear them to bed you'll have to warm your cold damp clothes up before you get warm.

5. HOT WATER BOTTLES

Consider filling your water bottles with hot water, wrapping them with some spare clothing and warming up your sleeping bag before you get in it.



6. WEAR A HAT



We lose heat from our heads. It's not an old wive's tale; wear a hat to keep your feet warm.

7. KEEP YOUR NOSE AND MOUTH OUTSIDE

Don't put your nose and mouth into your sleeping bag. Moisture from breathing will make the bag and your clothing damp. A well-designed mummy style sleeping bag will allow you to close the bag so only your nose and mouth are exposed.

8. KEEP OFF THE GROUND

Sleeping warm means insulating your self from the ground. A good insulating pad is important.

9. SLEEPING BAG SOCKS

If you get cold feet try keeping a dedicated pair of thick, loose fleece or wool socks worn only in the sleeping bag.



10. SHAKE UP YOUR BAG

Whatever type of insulation is in your sleeping bag it will be compressed from packing. Do a good job of shaking and re-distributing the insulation before you get in the bag.

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