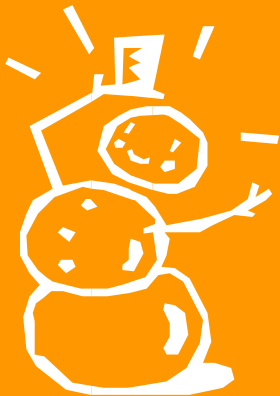


Volume 1, Issue 1  
October 2008



Fun and safety  
in the winter!

Enjoy.....!!!

## Welcome

Picture yourself snowshoeing through a sunny pine forest, tobogganing down a hill, sledding with dogs or sleeping outside in a self- built snow hut.

At Wilderness Wanderings, we'll bring those images into focus by turning your winter adventures into reality in a safe environment with certified and experienced leaders.

In this newsletter I would like to share some tips for winter safety and how to dress warmly for outdoors. You also find pictures of some of the activities Wilderness Wanderings has to offer during a Winter Camp.

Have you ever wanted to camp in the winter but are not sure where to start?



Sleeping in a Quinzee

With Wilderness Wanderings you have the option to sleep outside in the snow. There is also a heated cabin close by for warm meals, bathroom facilities and relaxing time.

Try winter camping - it is enlightening and empowering. Wilderness Wanderings is there to guide you through your new experience.

*I truly don't remember the last time I laughed so much. Whether it was Quincy-building, snow fights or sled races... The weekend not only rejuvenated the kid-like me but lifted my spirits 120%*

### Dates for Winter Camp

- \* Jan. 30- Feb. 1, 2009
- \* February 6-8, 2009
- \* February 13-15, 2009
- \* February 20-22, 2009

### Dates for Work Shops to learn more about winter camp.

- \* November 19, '08 -10.00am
- \* November 26, '08-10.00am
- \* January 17-21-24 -28 '09

## Winter Camp—Special

Would you like to learn how to build a Quinzee , snow shoe or toboggan? We are staying in a heated cabin with all the comforts of home, including washrooms and kitchen.

You have the option to sleep outside on Saturday night or indoors if you prefer.

**Regular price** for winter camp is **\$250** which includes your weekend's food, craft activity, and cabin comfort, but if

you sign up now through this newsletter **special** - the adventure is yours for only **\$150 pp.**

\* Please contact emmy@wildernesswanderings.ca for this special deal

- \* **January 30-February 1, 2009**
- \* **February 6-8, 2009**
- \* **February 13-15, 2009**
- \* **February 20-22, 2009**

## Tips for safety, fun and warmth in the winter.

Here are some tips to make you winter camp adventure even more fun to enjoy:

- Keep in mind that everything takes "twice as long in the winter (getting dressed, doing activities, going to the bathroom)
- Heat loss occurs through a variety of means, conduction, radiation, evaporation, respiration and convection. Giving each of these serious consideration may help you to stay warm. For example, sitting in the snow, not wearing something around your neck, exposing your bare hands to the wind, not drinking sufficient fluids and not regulating your clothing system can result in heat loss.
- Don't have your boots and mittens too tight - make sure you can wiggle your toes and fingers even with extra layers on. But not only your boots and mittens, also your clothes need to fit properly but not tightly.
- Be Proactive. When you begin to feel yourself cooling down, combat this with activities and movements that produce heat BEFORE you get cold.
- Your body requires both food and drink to properly metabolize into fuel to keep you going. You lose a great deal of moisture breathing dry air in the winter. Store your water bottle close to your body and upside down to keep it from freezing. Don't make the bottle full all the way, three quarters is more than enough.
- Take responsibility for those around you. Constantly be on the lookout for signs and symptoms of hypothermia, dehydration and frostbite on your fellow campers. Most of the time they don't notice themselves.
- Hypothermia results when the body loses heat too rapidly. At a certain point the body's heat producing ability cannot keep pace with the heat loss and



the core temperature—the temperature of the internal organs begins to drop.

Once core temperature begins to drop the body can no longer reverse this trend without aid—either food, warm clothing, fire etc. Generally it is impossible to self diagnose hypothermia once it is past the beginning stages. Without recognition and proper treatment it can lead to death.

- Frostbite is the freezing of body tissue. It begins at the skin surface and can move to deeper tissues. Proper re-warming and treatment must be given or tissue may be lost.
- Building a Quinzee could be a long and boring event. Make it fun by doing it in games, teams doing relays in throwing snow. Make it a race by who throws the first 10 shovels and then have a rest. Participate yourself and talk to the kids. We build one time 3 Quinzees with only 2 shovels, the kids were like dogs kicking and throwing snow and it was amazing how in a couple of hours three different groups had built 3 huge snow mountains.
- Metallic objects conduct the cold very well. So your earlobes will appreciate it if you leave your earrings at home. Take any jewelry off before you go sleep outside in the snow.
- Whenever you gotta go, you've gotta go!! You feel a lot warmer afterward. Going to the bathroom while you are sleeping outside in a Quinzee doesn't sound like a good idea. But when you try to hold it in, your body spends a lot of energy holding it in, instead of keeping you warm. By getting out of your sleeping bag, going to the bathroom and back to your sleeping bag, you don't cool off that much and your bag is nicely cozy warm when you come back. All together you are much warmer in the end and feel quite a bit more comfortable and you sleep better too afterwards.

## Activities at our Winter Camp

Pictures from previous winter camps: vary from building a Quinzee, snowshoeing, tobogganing to a quiet chat with or without crafts to the option of sleeping outside in your self build Quinzee



*A pile of snow built close to the building where we are staying, for comfort, warmth and safety.*



*The hollowing out of the mountain of snow*



*Flying in the air, when you hit a bump tobogganing down a hill is great fun!!!*



*Snow shoeing in the fresh snow is a lot of fun of discovering some great sights!!*



*Crafts and chatting is a great way to relax*



*Sleeping on straw in our self build Quinzee*

# Wilderness Wanderings

Phone: 905-727-0369  
e-mail: cmprczy@gmail.com  
emmy@wildernesswanderings.ca

**Explorations into Nature,  
Discover Your Trail.....**

We're on the web!!!  
Www.WildernessWanderings.ca



**Mission**  
Wilderness Wanderings provides outdoor wilderness explorations for every adventure seeking woman that are stimulating, enjoyable and transformational  
Trips vary from half-day to week-long trips. Adventures are geared for the novice to the more experienced explorers.  
Wilderness wanderings has over 20 years of experience taking women on adventure trips varying from 1 day to 21 day trips.  
Explore nature through  
Hiking, Canoeing and Winter Camping

## Winter tips

Always remember this simple code word for the entire camp weekend, and any other cold weather activity, and you will be fine!

Clean Clothes

Avoid Overheating

Loose and Layered Clothing

Keep Dry

Have fun in the winter  
Just remember these tips!

Never wear cotton in the winter

### Cotton kills.

Because cotton doesn't dry up fast, it hold the moisture when you sweat or from the snow and it will lower eventually your body temperature

For the winter use layers of synthetic clothing!!

