

# FROSTBITE PREVENTION TIPS

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Winter hiking and snowshoe adventures leave a smaller margin for safety than three season hiking. Be prepared to avoid or spot frostbite with these 8 tips.

## 1 LAYER UP

A moisture wicking base layer, long sleeve shirt topped with fleece or down vest, long johns or wicking tights under water proof pants, and a waterproof jacket.



## 2 LEAVE SOME ROOM

Layered does not mean stuffed like a sausage. Allow room between your layers for warm air to be trapped, and so you can freely move your arms and legs.



## 3 FOOTWEAR IS CRITICAL

Leave your summer hiking boots and trail shoes at home. Invest in a decent pair of insulated, properly fitted winter boots. Wear moisture wicking socks, too.



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## PROTECT EXPOSED SKIN

Never wear gloves? Hate hats? Suck it up and get into the habit of guarding your epidermis against freezing cold temperatures and prolonged exposures.



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## EAT AND EAT AND EAT

Winter hiking is not the time to skimp on calories. Pack dense foods that are easy to digest and won't freeze in your pack. Stand up to save body heat while snacking.



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## STAY WELL HYDRATED

Bring a large double walled insulated bottle full of hot fluids. Wrap your bottle in an old sock. Remind yourself to sip frequently, even if you don't feel thirsty.



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## GET OUT OF THE WIND

Change your route if you're headed into a cold wind. Duck behind a wind break during your hydration and food stops. Wear a hat with ear flaps to prevent aches.



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## WATCH FOR SYMPTOMS

Numb or tingling digits, ears, or nose along with a change in skin color are your first signs of trouble. **Don't ignore them.**

