

## KEEP WARM at NIGHT on CAMP

**NAME:**

Fill in the gaps

1. Sleeping bags do not generate \_\_\_\_\_; they only trap what has been generated, normally by you. You could always ask for a hot water bottle.
2. Before going to \_\_\_\_\_ have a small hot, milky drink. Hot chocolate is a good idea!
3. Have a \_\_\_\_\_ bite to eat.
4. Make sure that you have plenty of \_\_\_\_\_ underneath your sleeping bag as you are not going to heat the ground up underneath your sleeping bag. Your sleeping bag is not going to trap warm air \_\_\_\_\_ you because the pockets in the sleeping bag will be crushed by your weight. You need a \_\_\_\_\_ and a roll mat as a minimum but you could also have a memory foam, blow up mattress or \_\_\_\_\_.
5. A mummy-type sleeping bag is best because it is a \_\_\_\_\_ inside. Bring the hood over the back of your head and pull the drawstring tight to keep out the \_\_\_\_\_.
6. Do not have a sleeping bag that is too big for you as your body will not warm all of it at the same time and if you move you will hit a \_\_\_\_\_ spot and wake up.
7. Before going to bed change into fresh, dry \_\_\_\_\_.
8. If you are cold once you have been in your sleeping bag for a few minutes, identify which part of you is cold and add extra \_\_\_\_\_ such as socks, sweatshirt, headwear. Headwear is important because your head can easily become \_\_\_\_\_.
9. Pack the inside of your sleeping bag with \_\_\_\_\_ if you are much smaller than the sleeping bag. This will prevent the gaps from getting cold.
10. Put a \_\_\_\_\_ over the top of your sleeping bag.
11. If you are sharing a tent with several others make sure that you sleep *between* them to make the most of their \_\_\_\_\_.
12. Make sure all the tent doors are zipped up to reduce \_\_\_\_\_.
13. The more space inside the tent the more people it will need to \_\_\_\_\_ it up. Do not go into a ten man tent if there are only four of you.
14. Lastly, if you get too \_\_\_\_\_ then take some layers off otherwise you will start to \_\_\_\_\_. The sweat will cool down and condensate and you will get cold and then you will want to put the clothes back on again and the cycle will start all over again only now you are \_\_\_\_\_ and \_\_\_\_\_.

*bed; blanket; body heat; camp bed; clothes; clothes; cold; cold air; draughts; exposed; groundsheet; heat; insulation; layers; small; sweat; tight fit; underneath; warm; warm; warm; wet*