



# ARE YOU A 202 ICE RANGER?

202 ICE Rangers are:

- Trained in Cold Weather Camping
- Meet the challenge of cold weather camping experience
  - Participate in age appropriate cold weather activities
  - Earn an associated merit badge

# 202 ICE RANGER Cold Weather Training Stations

Candidate's Name: \_\_\_\_\_

## **CLOTHING** - What to wear and not wear

Maintaining \_\_\_\_\_  
The key to comfortable cold weather camping

3 W's of Layering

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

\_\_\_\_\_ Kills

Some examples of clothing:

- Mittens vs Gloves
- Hats
- Other items

## **NUTRITION** – Don't starve or dehydrate

Drink more \_\_\_\_\_ is the  
same rule for cold or hot weather. In cold  
weather you just don't feel as \_\_\_\_\_.

You need more \_\_\_\_\_  
per day to maintain your body temperature.  
Approximately \_\_\_\_\_  
for boys depending on your weight.

Examples of good cold weather foods:

Examples of good cold weather drinks:

Challenges of cold weather cooking

## **FIRST AID** – Camping safely

Three Cold Weather Concerns:

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

Treating each:

Prevention is the Key

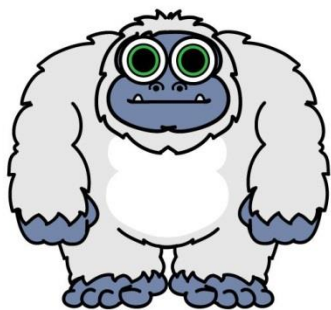
## **SLEEPING SYSTEMS** - Comfortable nights

Change your \_\_\_\_\_ before  
you go to sleep

Demonstration of a sleep system: (Write your  
notes here)

Think Ahead for the next day:

Bedtime Snacks are good



## Mr. Yeti's Tips for ICE Rangers Comfortable Cold Weather Camping

1. Pay attention to your \_\_\_\_\_, being aware of when you start sweating.
2. Stay \_\_\_\_\_
3. If you are cold, get up and \_\_\_\_\_
4. Take a \_\_\_\_\_ to bed, make sure it does not leak.
5. Be sure to keep \_\_\_\_\_ fluids. Hypothermia sets in faster when you are dehydrated.
6. Wear \_\_\_\_\_.
7. \_\_\_\_\_ Kills
8. When you get to camp set up the first three: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_
9. If you feel the \_\_\_\_\_ you are dressed wrong.
10. Wear a \_\_\_\_\_ on your head and extra \_\_\_\_\_ on your feet at night.
11. Take a wrapped \_\_\_\_\_ to bed to "rev your body's engine" if you feel a chill at night.
12. Pack your next day's clothes \_\_\_\_\_ your sleeping bag so you don't put on \_\_\_\_\_ clothes/boots in the morning.
13. Pack extra \_\_\_\_\_. Many don't like the cold and run out faster.
14. Be sure to store your water bottle upside down if left out so it does not \_\_\_\_\_ shut.
15. Pack extra \_\_\_\_\_ and \_\_\_\_\_.
16. \_\_\_\_\_ the food you don't want to freeze in below 32 temperatures
17. Cold weather camping is more \_\_\_\_\_ than physical.

## Tips Word Choices

Hat

Pair of Socks

Body

Socks

Set up lamps

Mittens/gloves

Mental

Fire

Fire

Snack

Hydrated

Move

Cotton

Drinking

Inside or under

Batteries

Freeze

Hot Water Bottle

Layers

Cold or Frozen

Bury in the snow

Boil water