

## 63: how to stay warm & dry in the mountains

1) If you sweat, or otherwise get wet, the **moisture against your skin conducts the cold to your body**. The insulating structure of some fabrics (e.g. cotton) collapses when it gets wet.

### 2) Examples

1. drink lots	When you are properly hydrated, your blood circulates more efficiently and keeps you warmer. (If you don't drink lots, you will get very dehydrated, get headaches, won't feel like staying active, etc.)
2. carry waterproof matches	You may need to light a fire in an emergency, in which case you cannot rely on normal matches.
3. do something the moment you get cold	It is easier to warm up when you first get cold, rather than waiting till you really get cold.
4. regulate your temperature	The main thing is to minimise sweating. Once the sweat cools down, you will have a cold layer of moisture against your skin.
5. dress down at the trailhead in fine weather	It's better to start off a bit cold and warm up, rather than start warm and get hot quick.
6. carry spare warm clothes	You need spare clothes in case the clothes you are wearing get wet. (You must make sure your spare clothes don't get wet in your pack.)

3) Visit [www.wipeout.com.au/articles/101ways.html](http://www.wipeout.com.au/articles/101ways.html) for all 100 ways to stay warm and dry in the mountains.