

BACKPACKER

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How to Sleep Warmer While Camping

When there's nothing standing between you and subzero temps but your three-season bag, all is not lost. Use these tricks to push further into winter without losing any sleep.

Krista Karlson · Nov 29, 2017

- 1) Insulate inside.** Sleeping bag liners (silk, synthetic, or wool) can add 5 to 25 degrees of warmth.
- 2) Insulate below.** Use an [inflatable pad](#) to keep you off the cold ground, and layer foam on top to keep body heat close.
- 3) Stay dry.** Lay raingear over your bag to shield it from frozen condensation. Avoid exhaling inside your cocoon—moist breath will leave it damp.
- 4) Shake it out.** Clumpy insulation leaves cold spots. Let your bag fluff out a half hour before bed. Once in, shake your legs to evenly redistribute down.
- 5) Eat, eat, eat.** [Down a chocolate bar \(and a hot beverage\) before snuggling up](#); digesting carbohydrates and fats raises body temperature 30 minutes to an hour after consumption.
- 6) Maintain circulation.** Warm body and cold toes? Remove tight socks or leggings to keep the blood flowing. Instead, wear loose clothing or—if you must—go bare.
- 7) Make a space heater.** Fill a non-insulated bottle with boiling water, seal tightly, encase in a sock, and place in the bottom of your bag to keep feet warm.
- 8) Fill in gaps.** Minimize the space you need to heat. Bag too long? Stuff the end with extra layers.
- 9) Exercise.** Do sit-ups to warm up your bag pre-shut-eye. Add more reps whenever you get chilly.
- 10) Still cold?** Insulate by piling dry leaves or pine branches under your tent.