


Cold Weather Survival Quiz

Name: _____

Mark: ____/13

Circle ALL the answers you think are correct for each question.

- 1) If a family goes camping, which member would be *least* likely to get hypothermia?
 - a) Grandpa (age 75)
 - b) Teenager (age 16)
 - c) Mom (age 36)
 - d) Child (aged ½ year)
 - 2) How do you field-treat a hypothermia victim?
 - a) administer hot sugared drinks
 - b) put him in a sleeping bag with dry clothes on
 - c) keep him in a prone position
 - d) place as much insulation under him as possible.
 - 3) The best way to stay warm during a day of winter hiking is by:
 - a) covering your head
 - b) covering your hands and forearms
 - c) keeping your feet dry
 - d) covering your chest
 - 4) Wet clothing is always dangerous in winter, but one material that retains some insulating value, even when wet is:
 - a) cotton
 - b) polypropylene
 - c) wool
 - d) down
 - 5) Your feet break through ice and you plunge waist deep into freezing water. You should:
 - a) remove the freezing garments as fast as possible and run to keep warm
 - b) start running without stopping while you remove wet clothing
 - c) roll in the snow, then change into dry clothes as friends build a warm fire.
 - d) squeeze the water out of your clothes, and change into dry ones as friends build a fire or set up a shelter.
 - 6) It's almost the end of an afternoon hike. How do you know it's time to stop and set up camp?
 - a) one person is exhausted or sweaty
 - b) it's getting dark
 - c) sundown is two hours away.
 - 7) If you're feeling chilled at bedtime, you should have:
 - a) put on extra clothing when you first stopped to set up camp
 - b) increased your metabolism by eating a candy bar
 - c) removed the damp clothing you wore all day and put on dry clothes.
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- 8) Which shelter is warmer to sleep in during winter:
 - a) a lean-to
 - b) a quinzhee
 - c) a tent
 - 9) You're caught in a blizzard while on a snowshoeing trip. You've constructed a snow shelter, had supper, you're warm and feeling fine, except you're very tired. You should:
 - a) keep yourself awake at all costs
 - b) let yourself sleep.
 - 10) In open, unprotected terrain, the best place to build a quinzhee is:

- a) on the lee side of any elevation protected from the wind
 - b) on a flat surface away from any elevation.
- 11) When digging a snow cave, always leave the opening as small as possible.
- a) true
 - b) false.
- 12) Eating snow is acceptable when:
- a) it's fresh and free from impurities
 - b) when you have absolutely no other water
 - c) never, under any circumstances.
- 13) A winter camper's diet should include a high percentage of.
- a) fats (e.g. fatty food like bacon)
 - b) high protein food (e.g. peanut butter, eggs)
 - c) carbohydrates (e.g. pasta, bread, bagels)
 - d) all of the above.

????????????? TRUE AND FALSE QUIZ ???????????????

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| <p><input type="checkbox"/> <input type="checkbox"/> Slim people will get colder faster than plumper people; they will also be more susceptible to hypothermia. (True. Skinny people should wear extra clothing layers during really cold days.)</p> <p><input type="checkbox"/> <input type="checkbox"/> Snowblindness is only a problem on bright days. (False. You can suffer snowblindness even on dull, cloudy days. Wear sunglasses or tinted goggles.)</p> <p><input type="checkbox"/> <input type="checkbox"/> You'll be warmer if you set up your tent and then build a snow wall around it. (True. The snow wall will protect you from the wind. If you build a lean-to shelter right over your tent and close to the sides and top, the snow will help insulate your tent like a blanket.)</p> <p><input type="checkbox"/> <input type="checkbox"/> Never include fats in your diet when planning a long winter hike. (False. Fats will release energy slowly and provide long-lasting warmth.)</p> <p><input type="checkbox"/> <input type="checkbox"/> Numbness, swelling and reddening of skin are the first indications of frostbite. (False. Frostbite usually first appears as white, numb skin on cheeks, nose, fingers and toes.)</p> <p><input type="checkbox"/> <input type="checkbox"/> You can improve the insulation value of clothing by stuffing dry leaves or scraps of cloth under your jacket, or into sleeves or pants. (True)</p> | <p><input type="checkbox"/> <input type="checkbox"/> Winter campers should sleep in the same clothes they played in during the day. After all, why would you want to give up warm clothes just before bed? (False. Clothes you've worked or played in will be slightly sweaty, even though you might not feel it. This thin layer of moisture will freeze at night and make you cold. Before bed, put on a fresh change of clothing. You might want to put it on half an hour or more before bed so it's warmer.)</p> <p><input type="checkbox"/> <input type="checkbox"/> Several thin layers of clothing are better than one thick heavy jacket. (True. The more layers you have that can trap pockets of air, the better. Have at least three layers on a cold day: wind-breaking outer layer; a warm, fluffy, middle layer like fleece; and a wicking layer like polyester, nylon or polypropylene next to your skin.)</p> <p><input type="checkbox"/> <input type="checkbox"/> Hypothermia is only a threat during cold spring, fall or winter days and nights. (False. Hypothermia is possible even during the summer when the temperature is below 20°C. Shivering, slow or awkward steps and slurred speech are early signs to look for.</p> |
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Answers

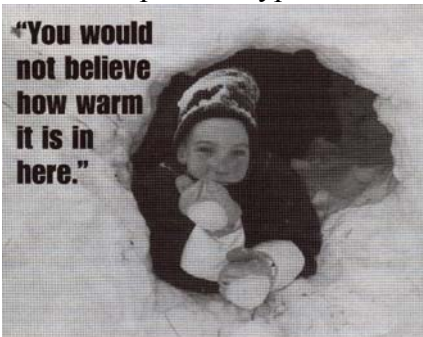
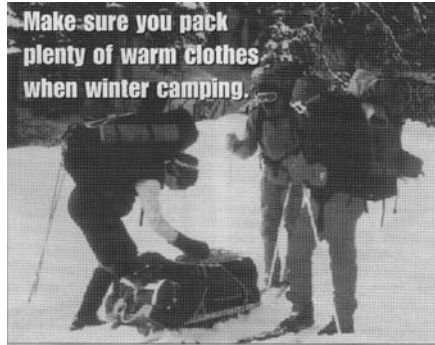
1. (C) Usually, women have an extra layer of insulating fat, which helps them stay warm. Elderly people, infants and children (including teenagers) are more susceptible to hypothermia than mature adults. Likely candidates for hypothermia are people who are cold, wet or exhausted. If all three occur on an outing, you've got a possible emergency.

2. (B, C, D) Place the victim in a tent or shelter, have them, remove damp clothing and put on dry clothes, then help them get into a warm sleeping bag. If a victim is unconscious, get the person to a hospital immediately. Hypothermia victims can no longer produce enough heat to maintain their core body temperature. Never give liquids to an unconscious person.

3. (A) UP to 70 percent of heat lost from your body leaves through your head. When the temperature drops in the arms and legs, your body hoards all available heat in its vital organs, including the head. If your feet are cold, put on a hat. Conversely, if you're too hot, take your hat off.

4. (C) Wool retains a little insulating value when wet, but anyone with wet or even damp clothing should change immediately into something dry. Wet clothing acts much like a radiator that drags the warmth from your body.

5. (D) If you fall through ice and get wet, find a place nearby out of the wind to squeeze out as much water from your clothes as possible. Then change into dry ones while friends make a fire. Wrap a reflective blanket around you, too. If you're caught out in the woods a long way from help, beat your frozen clothes against a tree



to knock out the ice. Never run in wet clothes. You won't get warmer, only colder as the wet ventilates heat to the outside.

6. (A, C) If darkness is near, you've waited too long. Stop at least two hours before sunset to allow sufficient time to set up camp. However, if a member of the group exhibits hypothermia symptoms, stop immediately and provide necessary treatment. Shivering is a clear sign that

trouble is very near. Plan your outing keeping in mind that it gets dark earlier in winter and, typically, you won't be able to travel long distances over snow.

7. (A, B, C) All these efforts will guard against hypothermia.

8. (B) A properly constructed quinzhee with a 30-cm wall will likely provide the best insulation. Snow provides outstanding insulation because it traps dead air in small pockets. If you have a tent, build a snow wall around it to provide wind protection.

9. (B) If you're dry, warm and comfortable, there's no reason to stay awake. But make sure your snow shelter has adequate ventilation.

HYPOTHERMIA CAUTIONS

- Handle hypothermia victims very gently. Cold affects electrical impulses that make the heart beat. Therefore, a hypothermia victim's heart beat is very delicate. Rough handling may stop a victim's heart.
- Wet clothes can cause rapid heat loss. If you're in a shelter and have a dry change of clothes, gently replace wet clothes with dry ones. If you're not sheltered, put the dry clothes over the wet ones. If you have no dry clothes, press as much water out of the wet clothes as possible and wrap the casualty in something windproof.
- The heart of a hypothermia victim beats very slowly. If you can't feel a heart beat, keep on providing first aid. The person's heart might only be beating very slowly or faintly.
- Never give a casualty coffee or other drinks with caffeine. These will only encourage more heat loss.

10. (A) A knoll will keep you out of the wind, but it will also cause snow to drift around your shelter. In this situation, build a tunnel for your entrance on the lee side of your quinzhee, and make sure you have several ventilation holes that will provide fresh air.
11. (A) Initially, the opening should be large enough so you can excavate the rest of the cave easily. When you're finishing the outside, you can block the doorway with chunks of snow, leaving a small opening to cover with a backpack.
12. (C) Eating snow not only dehydrates you, but it makes you colder. A person's body must

generate heat to melt the snow and raise it to a usable temperature, which means your body expends more water than it took in with the snow. If you run out of water, melt snow or ice in a pan beside the fire.

13. (D) A good mix of fats, proteins and carbohydrates will provide the energy you need. Fats and protein will sustain you over longer periods of time through the night. Eat peanut butter for breakfast to give you a boost at midday. One or two high protein/fat meals and frequent sugary snacks are enough for most people.

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