

# SURVIVING THE COLD



## WRAP UP

Wearing thermals can keep your temperature up and your heating bills down. Throws or warm blankets are handy if it gets extra cold.



## EAT MORE BROTHS

This is the season for soups, stews and broths. They can keep you warm before going to bed.



## CAMP AWAY FROM WATER

Winds blowing across water can pick up the cold, so camp away from rivers and lakes.



## INSULATE YOUR BED

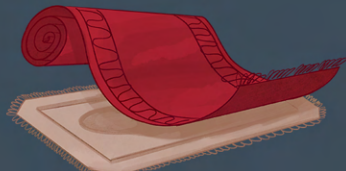
Use extra layers, clothes, bedding, and hot water bottles.

***Be careful with hot water!***



## KEEP INSULATED

Insulate your home. Block drafts around your windows and doors, and keep heat in with curtains and blinds.



## PREPARE FOR WINTER

Lay down thick rugs or carpets, and wrap gas bottles and water churns in quilts and jackets to stop them from freezing.