

STAY ALIVE/ when winter strikes

By Vickie Josi
Staff Writer

Are you prepared to face the possible perils of winter traveling?

It's important to be well dressed if caught out in the cold winter climate. Wool is the best material to wear for keeping warm.

"The layer system should be used, with wool next to the body, then a layer of either down, dacron or fiberfill for insulation, and then a water repellent wind shield for protection," stated Chuck Adams, registrar at Clackamas Community College and snow survival and mountain rescue expert.

When purchasing clothing it should be kept in mind that if you'll be wearing gloves, fasteners and zippers should be easy to open. Also be sure that clothes have proper ventilation if you'll be working up a sweat, because it's important to stay dry. (Wet clothing loses heat 250 times faster than dry clothing.) Also avoid tight boots and socks.

"Remember to keep the youngsters brightly dressed so they can be easily kept track of," said Adams.

A wool stocking cap should be worn, because 75 percent of a person's body heat is lost through the head.

The following information is a condensation from "Staying Alive in the Arctic," by the American Petroleum Institute, and revised by Frank Heyl of the Oregon Museum of Science and Art.

Ten Rules for Survival

1. You must help yourself. Don't depend on someone else to think and plan for you. In a survival situation, confidence in your own abilities and your will to live can make the difference between life and death.

2. Always prepare yourself for a possible emergency whenever leaving camp and traveling beyond the normal lines of communication or roads of civilization. Protective clothing and emergency equipment left at home or in camp won't help you when you need help in the bush.

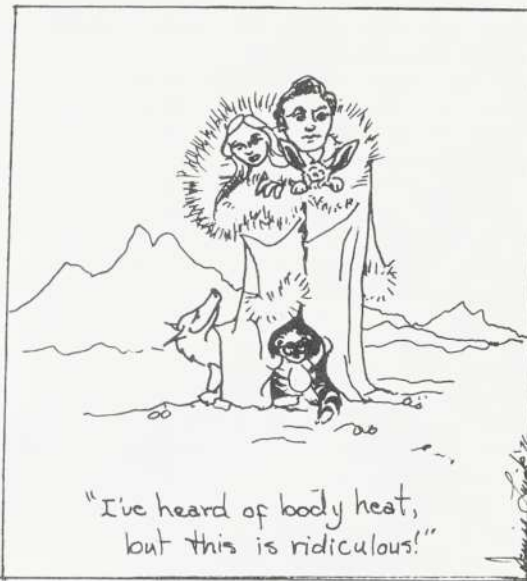
3. Tell someone where and when you are going and when you expect to return. Make a trip plan. If you travel away from a downed aircraft or other vehicle, leave a message telling the time you left and the direction in which you were heading.

4. Never leave camp or travel alone. There should be at least two men per party whether hiking on sea ice or land. The buddy system helps in the prevention and early treatment of frostbite. Also, if one person is injured, the other can go for help.

5. Don't fight the environment. Conserve your energy. Go around obstacles, not over or through them. Wait out high winds and other adverse weather. Dress properly. Avoid snowblindness. Take advantage of all natural and ready resources.

6. Know basic first aid. Only by chance would a doctor be available in a survival situation. You must be prepared to make decisions and take action that will sustain life -- your own as well as others.

7. Know how to prepare a shelter. Snow is an excellent insulator. Learn how to use it for protection.



8. Obtain water. You can live for days without food as long as you have water. Do not eat snow. Eating snow cools the body inner core temperature, invites overall cooling of the body and predisposes hypothermia. Although snow and ice are excellent sources of water, they should be melted and consumed warm.

9. Conserve heat. Your body is continually producing and losing heat. You will freeze only if the air is carrying away more

heat than your body can generate. E generates heat, but overexerting le perspiration and loss of heat. If f available, eating will add fuel to the f generate body heat. If you are wearin tective clothing, you won't freeze.

10. Use your head. Take time to plan, organize, Analyze the weather terrain, the energy you have available all possible resources. Then plan the course of action. Your head is your survival gear -- use it, don't lose it!

Automobile Emergency Equipment

The emergency and survival equipment carried tends to represent the individual of the owner. Assembling and putting together your own gear will keep costs and familiarize you with what you have and how it is used. The following equipment lists are offered as a guide. Limiting in assembling your equipment and mining its worth to you will be: weight, bulk and your ability to use effectively and safely the equipment you have selected.

In an emergency these items could make the big difference. Consider them with you:

- Survival Manual
- Spare tire - check its inflation before departing
- Jumper cables for battery
- Tire chains - be sure they fit (used for towing, better traction in mud)
- Flashlight - check batteries
- Fusee flares (can be used also starting a fire)
- Quart of oil - type used in car
- Shovel - recommend minimum blade and 36" handle
- Pruning saw - to cut small firewood
- Axe -- recommend minimum 24" head and 26" handle
- Tow chain or cable
- 10" crescent wrench
- 8" file
- Pliers
- Knife - sheath type, big enough for job
- Screwdriver, multiple set
- Fanbelt - be sure it fits your car and model car
- Spare links for chains
- Roll of electrical tape
- Sheet of plastic 9' x 12'
- Medical kit with manual
- Two wool blankets packed in plastic garbage can liners
- Wooden matches watertight

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