

The Redrock Readiness Newsletter

Episode 5: Bring on the Heat

“The power is in them, wherein they are agents unto themselves[.]”

--Doctrine and Covenants 58:28

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Fourth on the survival hierarchy is **warmth retention** or **heat**. There have been several recorded cases of people who perished literally *minutes* before they would have been rescued because their core temperature had dropped down into the fatal zone. Yeah, we live in a desert—but that doesn’t mean it doesn’t get cold at night! Let’s consider **the logistics of warmth during the cold weather months**.

We talked about this a little in Shelter, but let’s recap: **as your core temperature drops, you start losing fine motor skills** (like dialing a phone, starting a fire, or handling car keys) **and your problem-solving skills take a hit too**. Once your body gets to the point where it stops shivering...well, let’s just say the end is near.

Beau: When I was on active duty in the Army, I learned of several cases where guys lost their lives in training—not even in actual fighting!—due to this tragic survival spiral.

Your wardrobe plays a huge part in preventing fatal heat loss. Your clothing materials are key. Though light and breathable, **cotton will suck warmth right out of you** like an industrial heat sink, especially when wet. **Don’t buy long underwear or your core layers in any cotton or cotton/poly blend**.

Let’s take a lesson from whitewater rafting guides—they know firsthand what being wet and cold is like—and use **wool or polypropylene thermal wear**. Those materials will create a layer of “still air” or “loft” around your torso and **retain that essential heat even when wet**. A beanie for your head made out of these same materials will also help keep the heat in.

If you do get soaking wet, **your highest priority should be to get dry and get a fire started** to dry you and your clothes.

Danielle: These are good guidelines for winter wear in your kit. But when summer comes around, a long-sleeved cotton shirt will help keep the sun off you and help you keep cool! **This is why you’ve got to rotate your kit seasonally!**



Since I have my own personal fur coat, I don't worry about layers, unless we're talkin' flaky layers of tuna!! But things'd get pretty ugly if I had canned tuna and no can opener! Luckily my human always keeps a Swiss army knife on him—they're portable, inexpensive, and handy for getting into lotsa different containers when the going gets tough. You don't have to go crazy when you buy one. Any Victorinox-brand one will do just fine!