

1. Layer Up Like a Pro

You're not just tossing on your dad's flannel and calling it a day.

Dress in layers that actually do something—start with moisture-wicking base layers, then add insulation, No cotton.

Ever.

Unless you're trying to freeze your nipples off.

2. Fire is Life

Lighters die.

Matches get wet.

Your cousin steals your only ferro rod.

So carry more than one way to make fire.

Practice in the rain.

Get good at it.

If you can't get a flame going in a wet forest with cold hands, you're just camping with delusions.

3. Shelter is Survival

You don't need a four-bedroom fortress.

You need cover from wind and water—fast.

Tarps are king.

Learn to rig one with paracord and trees.

Bonus points if you can do it in the dark.

With one hand.

While wolves howl.

(Or raccoons.

Whatever.).

4. Calorie Insurance

Cold drains calories.

You're burning fuel just staying warm.

Keep dense, long-lasting food like jerky, nuts, pemmican, or even high-fat chocolate.

If it won't melt or freeze into a brick, it's a win.

5. Know Thy Tools

It's not enough to carry gear.

Know it.

Sleep with it if you have to.

Can you use your multitool, flashlight, or stove with gloves on? Do your batteries work in the cold? If you