



Cold Weather Survival Gear

with Kevin Estela from www.KevinEstela.com

Cold Weather Survival Gear Is CRITICAL In Cold Climates

We tell ourselves we aren't likely to freeze to death, but it CAN happen to you, especially when you are traveling. Here are Kevin Estela's top 5 cold weather survival gear items, which you should have in your vehicle during the winter months. Remember, while this podcast is about gear, your skillset and mindset are what make the difference. You have to know what to do with that gear!

1. Keep Your Gas Tank Filled

People tend to run their cars down to empty and then can't rely on it for heat. As long as the exhaust pipe isn't blocked, keeping the car running in the cold is not a bad thing.

- Keep your gas tank between half and full all the time. Don't let it get too low.
- Replace your battery periodically. Most OEM batteries last only 3 to 4 years. Plan ahead.
- We have medical records that follow us. We keep data books or long-range shooting. Keep some records on your vehicle to track when you need to do scheduled maintenance.

2. A Quality Sleeping Bag

A good sleeping bag will keep you warm with your body heat through the night.

- Include a good winter hat and scarf, too, so your heat won't escape through the opening of the top of the bag.
- You can afford a larger sleeping bag for your vehicle than for your bug-out bag because you have more space to work with.

3. Stove, Pot, Plastic Water Bottles

Dehydration will be a problem over a longer-duration emergency. If you're surrounded by snow, you need to be able to melt snow into water and store it. This is basically a cook kit.

- Even a cheap kitchen pot is better than nothing.
- You don't want to use your body heat alone to melt ice for water because it will low your core temperature. (Chewing ice can be a problem, in other words.)

4. Communication

You should pack a form of communication beyond just your wireless phone.

- A programmable radio is a good choice. It may not be "legal" for you to be on certain frequencies and transmit on them, but in an emergency, you WANT people to come find you.
- Include a magnetic antenna for your vehicle if possible. You may also want to get a ham radio license.
- Store the radio with the battery out, in a sealed plastic bag, for maximum battery life.

5. Trauma Gear And A Good Pair Of Boots/Walking Clothes

Keep a trauma kit in your car, but also include "field clothes," including proper shoes.

- A lot of people travel in their work clothes, which are not suitable for hiking long distances, especially in the cold.
- Be able to navigate your way home on foot.

Prepare. Train. Survive.