

Chapter 5: Shelter & Warmth

Lily: "Dress like an onion: layer by layer!"

Staying warm and dry keeps Rangers healthy. A good shelter spot is safe first and comfy second.

What Rangers know

- **Layers.** Thin layers trap warm air. Take one off before you get sweaty, and put it back on when you stop (EP09).
- **Dry is warm.** Wet clothes steal heat, so change into dry socks first. Keep one dry set in a bag (EP10).
- **More under you than on top.** The cold ground pulls heat away, so put a pad, cardboard or blanket underneath (EP11).
- **Hat, socks, mittens.** Keep your head, feet and fingers warm. Mittens are warmer than gloves.
- **Safe spot first.** Choose high, flat ground. Not a dry riverbed (water can rush in), not beside wobbly walls, under dead branches or near wires, and not beside roads.
- **Tarp with a grown-up.** A grown-up ties the tarp, sloped so rain runs off. Rangers hand over the rope and pegs (EP12).
- **Never fire or heaters inside.** Burning anything in a closed tent or room makes an invisible gas that hurts people.

- **Water rising? Climb up high.** Never walk, play or ride in flood water. Go uphill holding hands (EP13).
- **Power out.**
- Save the phone: airplane mode, dim screen, close apps (EP14).
- Use wind-up or sealed lights.
- Never touch wall wires or car batteries, and never open a battery.
- **Frostbite: warm it gently.** Numb, white or grey-yellow skin on fingers, toes, ears or nose? Tell a grown-up, get somewhere warm, and warm it with body heat (hands in armpits). **Don't rub it**, and don't hold it near a fire or heater.
- **Hot days too.** Find shade, sip water, wear a hat.
- **Fire in the shelter: get out, stay out.** Shout "Fire!", get out fast, crawl low under smoke, and go to the meeting spot. **Never go back in**, not for toys, pets or bags. If your clothes catch fire: **stop, drop and roll**, covering your face.
- **Drowning.** Water is a grown-up place. Never swim or play in rivers, wells, ponds, ditches or

flood water without a grown-up. If someone is in the water, **don't go in**: shout for help, and reach with a long stick or throw something that floats.

- **Carbon monoxide** stays a grown-up job: stoves, heaters and generators stay outside (see the grown-up note). If people feel a **headache, dizziness, sick tummy or very sleepy** near a stove or heater: everyone out into fresh air, and tell a grown-up straight away.

Ranger checklist

- ☐ I know: get out, stay out, crawl low, never go back in.
- ☐ I can show stop, drop and roll.
- ☐ I never play near water without a grown-up, and I know reach or throw, don't go.
- ☐ I can layer up and layer down.
- ☐ I keep a dry set and dry socks.
- ☐ I put more under me than on top.
- ☐ I can point to a safe spot and say why.
- ☐ I helped a grown-up with a tarp by handing over rope and pegs.
- ☐ I know: no fire or heaters inside.
- ☐ I know the flood rule: climb up high, stay out.
- ☐ I can save phone power.

Earn your badge (Warmth 🧣 · Shelter 🏠 · Flood Safety 🌊 · Power Out 🔦)

Level	Warmth	Shelter	Flood	Power Out
🔴 Hea	"Thin layers trap	"Safe spot first: high	"Water rising?	"Dim it down, plane mode

Level	Warmth	Shelter	Flood	Power Out
rt	warm air."	and flat."	Climb up high!"	on!"
 Bronze	Show layering, dry socks, under > over.	Point out a safe spot vs. unsafe ones.	Show the way to high ground on a map.	Show airplane mode and say the battery rules.
 Silver	One cold night: a padded bed and a dry set.	Hand rope and pegs to a grown-up tying a tarp.	Practise the uphill drill with a grown-up.	Watch the EP15 glow jar from one step back, then wash hands.
 Gold	Check the family has hats, socks and dry sets.	Teach the safe-spot rules.	Help make the family flood card.	Make a family power-out box list.
 Platinum	Help plan warm sleeping for a group.	Help a group pick a shelter area.	Help run the drill for a group.	n/a

Watch and learn

EP09 Dress Like an Onion (#009) · EP10 Dry Is Warm (#010) · EP11 Off the Cold Ground (#011) · EP12 Tarp Roof With a Grown-Up (#012) · EP13 High Ground, Stay Out (#013) · EP14 Keep the Phone Alive (#014) · Planned: Off the Ground · No Fire Inside · Bedroll and Tarp · Safe Sleep Spot · Go Bag #GB1 (warm layer)

Grown-up note

Carbon-monoxide risk from stoves, braziers and generators in enclosed spaces is a leading winter danger. Keep all fuel-burning outside and ventilated, and away from children.

Fact-checked Oct 21, 2026, approved by David McKellips.