# Twitter Thread by PanzerLion ❄■■■ Certified



**PanzerLion ❄■■■ Certified**
@POCGamer



## Staying warm while sleeping: use lots of blankets/comforters. Don't wear lots of layers to bed, they can trap sweat and oil and you'll kick off the blankets then get cold. Wear a toque or "beanie".

@Karnythia Use rolled up towels or t-shirts as draft excluders on your windows and doors.

If your bed is against an outside wall, move it away from it.

@Karnythia If you have some, hang rugs and spare blankets on the outside walls in your house. It's old school in the extreme, but it will create an air barrier between the cold transfering through the wall and the warm air in the house. Covering windows on the inside has the same effect.

@Karnythia Whatever you do, DO NOT burn charcoal of any sort inside your house. Or wood if you don't have a fireplace. The chances of suffering from carbon monoxide poisoning are huge and this kills whole families every year. Don't do it.

@Karnythia Past that, drink lots of hot drinks and warm water. You'll burn less energy than if you drink cold drinks.

And for clothes, layer up. Sweatpants and sweatshirts/hoodies are going to be your new besties.

@Karnythia Driving Safety:
- if you don't have to go anywhere, don't.
- if you don't have a ❄■■■ marking on your tires, they aren't winter rated.
- expect to triple or quadruple your stopping distances.
- drive slowly, your reaction time and what the vehicle will do are no longer matched

@Karnythia - put as much weight as you can in the trunk for cars or over the real axle in a pick up truck. Aim for at least 50kg or 100lbs.
- avoid hills. If you don't have winter tires, it doesn't matter if they're plowed or not.
- 4x4 doesn't mean SFA if you're not experienced with snow.

@Karnythia - if you have chains for your tires, awesome. Read the instructions and put them on properly, or they will DESTROY your brake lines.

- be aware that other drivers are probably not going to be as careful as you.

@Karnythia Of you have to walk somewhere:
- two pairs of socks, and boots if you have them.
- if you don't have boots, or if your boots aren't reasonably water resistant, wear 2 pair of socks & some plastic grocery bags. The grocery bags will help keep your feet warm and dry in your shoes.

@Karnythia - make sure your ears, nose, and fingers are protected. Covid masks are great for avoiding frostbite. Hands can be in gloves, mitts, or pockets.
- bring an empty back pack. Carry bags home can risk cold injuries, plus it will help keep your load reasonable.

@Karnythia Food:
- staying warm means you need a higher caloric intake. Take five on your diet and enjoy some carbs and protein. Eating hot food is key. Warm everything up, no cold pizza! All your favourite Soul Food, Mexican cuisines, and so on? COLD WEATHER GOLD for food.

@Karnythia Never let anyone tell you that windchill doesn't matter. Frostbite sucks (I've had it), and here's a risk chart.
Quick temperature reference: 0C = 32°F
-20C = -4°F
-40C = -40°F
If you have to be outside, time your self and take lots of breaks to warm up.