

# TOWN NEWS

Texas Outdoors Woman Network

## *Dallas Chapter – March 2025*

### *Monthly meeting March 10th*

Barb Minyard's Clubhouse

Richardson Crossroads Condominiums,  
336 Melrose Dr., Richardson Tx, 75080.

Light refreshments will be provided

**Presentation: Tie Me Up! All about knots, ropes and securing your cargo by Barb Cutter**



# TOWN ACTIVITIES

## *Mark your Calendars!!*

Thursday March 6<sup>th</sup> – Sunday March 9<sup>th</sup>

Brazos Bend State Park

Contact Shirley Meurer 972-890-2491

~~~~~

Thursday March 20<sup>th</sup>– Sunday March 23<sup>rd</sup>

Martin Dies Jr State Park

All TOWN Camping Trip

Contact Shirley Meurer 972-890-2491

~~~~~

Friday, April 4<sup>th</sup> 1-4 PM

Tour of In-Sync Exotics, Wild Cat Refuge

Must RSVP before March 10<sup>th</sup>

Contact Robbie to  
RSVPrrbbchandler@yahoo.com

~~~~~

Thursday April 10<sup>th</sup>-Sunday April 13<sup>th</sup>

Possum Kingdom State Park

Contact Nancy Lee [nlee002@tx.rr.com](mailto:nlee002@tx.rr.com) 469-264-4643.

~~~~~

Saturday, May 17<sup>th</sup>

Car Free Bike Ride in Dallas

<https://dallasbikeride.com/>

Contact Marie if you decide to sign up

214-733-3222

~~~~~

Saturday, June 28<sup>th</sup>

Day of fun on Cedar Creek Lake

Hosted by Mary Nester and Mar Burris

2182 Hickory St., Mabank, TX 75156

214--316-8960

~~~~~

Pool Party

Saturday, July 19<sup>th</sup>

Save the date, details TBD

~~~~~

Poros Island - Greece Adventure

Sept 13-20 Wait list started

Contact Barb Cutter

817-832-0549

~~~~~

Monthly Meetings

6pm – 7:30pm

Second Monday of the Month

Contact Shirley to host 972-890-2491

**Palo Duro State Park Trip was cancelled due to the extreme cold temperatures. TOWNIES improvise and hike the trails at Cedar Ridge Preserve. It was a great day for a hike and the trails were almost empty.**

**Laura and Marie carried some tools for the trail maintenance effort underway and stopped to inquire about the process. Hopefully this effort will reduce erosion and allow the trail to remain open more often.**



*Marie, Laura, Melissa*



*Marie and Laura helping with trail maintenance*



*Shirley, Marie, Laura, Melissa*





**TOWN Meetings are always fun!**



*Marie, Karen and Karen*





# 11 Effective Ways to Insulate a Tent for Winter Camping

Insulating a tent in winter can keep you much warmer than you otherwise would be – greatly improving your camping experience!

There are many different ways to insulate a tent, and implementing some of these strategies will retain a surprising amount of heat even in the coldest of climates.

If you are planning on camping during winter and want to know how to keep warm, this article will provide you with the most helpful information!

The reason why it's so important to insulate your tent is to prevent hypothermia. Hypothermia is the leading cause of fatalities in the outdoors, occurring when your body temperature drops below 35 degrees Celsius.

Hypothermia usually occurs due to poor planning and being under-prepared for the conditions. It is important to have strategies in place to mitigate this risk, and insulating your tent is one of them.

This article will cover different techniques on how to insulate your tent, such as:

- Choosing the right tent
- Choosing a sheltered campsite
- Using a ground tarp
- Adding insulating layers
- Using an overhead tarp
- Maintaining proper tent ventilation

And many more. Let's get started!

## How To Insulate A Tent For Winter Camping?

There are myriad ways to insulate your tent during wintertime for a warm, cozy night. Here are 11 of the best ways to do so:

### 1. Choose the right tent

Choosing the right tent is essential to a warmer winter night.

Firstly, let's think about the size of your tent: a smaller tent has less space to keep warm, therefore it is going to be easier to insulate than a bigger tent.

Secondly, the type of tent you use is also important.

Four-season tents are a great way to combat the cold as they are designed to handle extreme weather like snow. However, these tents can be quite expensive, so a three-season with some extra insulation can also work well.

## **2. Choose a sheltered campsite**

Preparation is key, and choosing a sheltered campsite can make or break your warm night!

Try to find a spot out of the elements to pitch your tent; somewhere with a natural windbreak is always a big advantage.

If this is not possible, you can build your own wind break out of a tarp or snow. Digging your tent into the snow can also stop wind tunneling under it. Perhaps surprisingly, snow acts as a good insulator as well!

Make sure you know the wind direction when setting up a windbreak so that it actually does its job. Finally, try to avoid pitching your tent at a low point as water will pool here if it rains and you will end up very wet!

## **3. Use a ground tarp**

A ground tarp is an extra layer underneath the tent itself that's designed to add insulation. Some tents already come with a ground tarp, or they can be purchased separately.

Using a ground tarp or footprint underneath your tent will reduce the heat transfer to the ground and stop moisture from soaking up into the floor of the tent. It will also increase the life of your tent, so it's a great investment overall!

## **4. Add insulating layers**

Adding insulation layers to your tent will help to keep it warmer. One way to do this is to use a thermal emergency blanket and tape it to the roof and walls inside the tent. This will reflect any body heat into the tent rather than letting it leak outside.

You can also add more insulation layers underneath your tent, such as by making a little mattress of dry leaves, pine needles, or straw if available. This will again reduce the heat transfer to the ground.

Blocking drafts with rolled-up clothes or towels is also an excellent technique to keep heat inside.

As well as thermal blankets, you can also use fleece blankets to add insulation inside the tent.

Line the floor or tie some to the roof or walls; get creative and build a masterpiece! Do bear in mind that if a fleece blanket gets wet, it will be extremely heavy and bulky to transport.

## **5. Use an overhead tarp**

Similarly to using a ground tarp, a fly or overhead tarp can provide some much-needed shelter in wet conditions. It will block rain from hitting straight onto the tent – subsequently lowering the moisture levels in your tent.

A fly also provides an area to get in and out of your tent without letting rain in and making everything wet.

To set an overhead tarp up properly, make sure the sheet is taut and there are no places for water to pool.

One side should be lower than the other so moisture runs off, and you want this edge to be out past your tent so it is not dripping on it.

Ideally, you'll also want this edge to be dripping water to the backside of your tent, shedding water away from the door.

Digging a trench (such as a DIY gutter) to direct this water away from your campsite can also be a great idea.

## **6. Tent ventilation**

With all these tips to insulate a tent in winter, the most important one is to ventilate it!

This may seem contradictory, but if you shut yourself in the tent the condensation will take over – resulting in a muggy, damp sauna that isn't ideal for you or the tent!

To keep the tent ventilated, zip up the vestibule but leave the door open slightly. This will allow good airflow while still keeping you sheltered from the elements.

Some four-season tents come with a condensation curtain which will also help improve the climate inside the tent drastically.

The urge to burrow into your sleeping bag to keep your face warm is always strong, but don't exhale into your sleeping bag!

Keep your face clear and exhale into the (hopefully) well-ventilated tent. This will keep your sleeping bag from getting damp and heavy from the moisture in your breaths.

## **7. Sleeping bags and sleeping pads**

A sleeping pad is a piece of equipment that will help immensely with insulation. Every sleeping pad has an R rating which measures the pad's ability to reduce heat transfer.

The higher the R rating, the less heat you will lose to the ground – and the more insulating your mat is!

Investing in a high-quality sleeping pad will improve your sleep and sufficiently insulate you from the ground.

Getting the right sleeping bag is also a great way to keep warm. Sleeping bags have temperature ratings, you should get one rated to the lowest temperature you think you might experience.

Sleeping bag liners also add insulation and can be a good investment when you buy your sleeping bag. Liners can add up to 10 degrees of warmth!

## **8. Sleep in insulated clothing**

Clothing is another way to ensure a warm night when in the great outdoors.

Thermal base layers are best, with a beanie or balaclava on your head to keep the heat in. If you really need them, socks and gloves can be lifesavers too! Try to avoid overdressing, however, as this can reduce your sleeping bag's working ability.

## **9. Heat packs and water bottles**

Heat packs, hot rocks, and water bottles are all easy ways to keep warm. Heat packs create warmth through chemical reactions without the need for batteries or a power source, so they're perfect for camping.

Filling a drink bottle up with hot water before bed acts as a makeshift hot water bottle. Tuck it in your sleeping bag or against your core to add warmth! Make sure whatever drink bottle you are using for this can withstand boiling water without melting.

## **10. Dealing with gear**

Keeping gear inside your tent will not only keep your clothes warm and dry, but you won't have to keep opening the door to get your items! Try to minimize your trips outside; in doing so, you will keep more warmth indoors.

When you are ready to get into your tent, make sure you take off sweaty layers as they hold moisture and will contribute to the buildup of condensation.

Don't try to dry wet or sweaty clothes in your sleeping bag! Instead, put them in a dry bag and then inside your sleeping bag to prevent them from freezing. Your body heat will also dry them (or at least warm them up by morning).

## **11. Invest in a tent heater**

Sometimes, it can be so cold that a tent heater may be the best option. There are heaters that have been made specifically for tents, but you still have to be very careful and use them in a safe manner.

As tents are made of flammable materials, you can imagine what would happen with incorrect heater use! A good thing to do is to check your tent's manufacturing guidelines as some tents specifically

warn against using heaters. Lastly, never use a camping stove inside your tent as a heater – this is *extremely* dangerous.

## **Conclusion**

By implementing the proven techniques outlined in this article, you are well on your way to insulating your tent for winter camping and staying dry and warm!

Being well-prepared for the conditions is the best way to combat hypothermia and keep yourself safe in the great outdoors. Happy camping!

**© 2025 TMBTENT LLC**