

Prep Blog Review: Surviving Winter

With the polar vortex finding its way to the South, many of the Americans had to face the coldest air in 20 years. During the last week, surviving the snow, ice and bone-chilling cold turned into a top priority mainly in the Northeast states.

Let's see some useful information about winter preparedness that survival blogs have shared with us in the last days. Find out more on the subject on the articles below.

1. 15 Items That Should Be In Your Vehicle During the Winter



“Winter brings about erratic weather patterns and chances are that we may be caught in them while we are driving. Having an emergency kit in our vehicles will help to ensure our basic needs are met.

Changing the items in your kit to reflect the seasonal changes will help you better prepare for unpredictable weather. Those that live in northern climates will find themselves dealing with winter-related issues with their vehicles more so than in southern climates, but we should all prepare for emergencies in our vehicles.”

Read the whole article [here](#).

2. Surviving in Cold Water



HOW THE BODY LOSES HEAT

“It’s winter, and mishaps can occur that lead us to a discussion about **surviving in cold water**. Whether a boat capsizes or you fall through the ice, you can get into trouble quickly if you don’t know what to do.

Water doesn’t have to be extremely cold to cause **hypothermia**. Any water that’s cooler than normal body temperature will cause heat loss. You could die of hypothermia floating in a life vest off a tropical coast if immersed long enough.”

Read the whole article [here](#).

3. What Every Prepper Needs to Know about Hypothermia



Prep “Unless you live in the tropics, winter is likely to bring uncertain weather, including bone-chilling temperatures, severe winds, freezing rain and significant snowfall.

Needless to say, such conditions are not much fun under the best of circumstances. If there is no power and no heat, the effects of winter are magnified, especially for those that have failed to prepare for extreme weather events.”

Read the whole article [here](#).



CLICK HERE

to find out more on the first aid
techniques that will save your life
when the health system is down!

*This article has been written by **Gabrielle Ray** for [Survivopedia](#).*