Quick Tip - Use A Nalgene Bottle To Keep Warm

Categories: Wilderness Survival

This is a really simple tip, it seems obvious, but how many times have you been cold when sleeping outdoors and it never occurred to you to heat some water, put it in a water bottle and throw it in your sleeping-bag with you?

A word of caution with this video. This video is from my friend Tim at Everyday Tactical Vids (Make sure you 'Like' his FB page!). Now Tim puts very hot water in his Nalgene bottle. I wouldn't recommend putting water this hot into any old plastic water bottle, but Nalgene state their bottles can stand temperatures up to 212 degrees (F).

When sleeping with a bottle containing very hot water, you obviously need to be careful not to place it onto exposed skin. This shouldn't really be an issue as you'll likely have several layers on. If you are at all concerned, just don't heat your water quite so hot.

The simple ideas are often the best and if you have ever spent a really cold night outdoors, you'll know this is a good one.

Don't forget, head over to Everyday Tactical Vids and like Tim's Facebook page. He's a great guy with some great videos.