

Winter Field Day 2022

WVARA Planning and Invitation



About Winter Field Day

- A 24 hour event starting 19:00 UTC on Saturday, January 28th
 - That's 11:00 AM PST
- Emphasis on emergency communication preparedness
 - But it's still a contest
- All Amateur bands, HF, VHF, & UHF except 12, 17, 30 and 60 meter
- Any mode that can transmit the exchange... CW, SSB, AM, FM, DStar, C4FM, DMR, Packet, PSK, SSTV, RTTY, Olivia, Satellite, JS8call, etc...
 - But no FT or JT digital modes

Operate Outside, in Winter?

- If you're preparing for EmComm, emergencies don't always pick the most beautiful weather!
 - Thus the Winter Field Day Association was formed:
<https://www.winterfeldday.com/>
- We've got it easy compared to other parts of the country!
- Dangerous conditions will cause us to cancel:
 - Rain more than 0.5", 48 hours before start, or forecast before the end of the event.
 - Wind gusts greater than 25 MPH.
 - Snow on the steep road to the park.



Location

Henry W. Coe State Park Entrance Parking Lot



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Station Plan

- Three Stations in three shelters:
 - KC6ZKT tent contains:
 - QRP HF Station SSB on 3.5 MHz to 21 MHz OCF inverted V, logging Macbook Air
 - K6EI tent contains:
 - QRP HF Station CW on G5RV, logging PC
 - WVARA UHF/VHF tent contains:
 - Solar battery power and shared dual-band antenna with adapters for your radio
- Radio site amenities include:
 - Room to park and operate your own mobile (and the K0XI van?!?!)
 - A nearby outhouse

Accommodations

- You don't have to camp, but those of us who do will have more fun!
- Two campsites in the main campground (0.6 mi. from stations):
 - Site 6 managed by K6EI:
 - Tight space for 2 solo tents
 - Site 11 managed by KC6ZKT:
 - Room for two larger (3-4 person) tents
 - Site 12 reserved and available:
 - Room for 3-4 solo tents
- Due to COVID restrictions, meals will be the responsibility of individuals.

Schedule

- Setup starting at 1pm, Friday, January 28th
- Operate continuously from 11AM Saturday - 11AM Sunday
- 90 minute shifts at each station
 - Schedule sign-ups at Jan. WVARA meeting
- Teardown starts at 11AM on Sunday, January 30th
- On-site “intercom” on 446.500_MHz simplex.

Rules of the Park

- No camping/sleeping in the entrance lot
 - Food and cooking are allowed there
 - No open fires allowed there
 - Tents, vehicles, and shelters are allowed
 - Driving between the lot and the campsite is allowed at any time
- All operators will sign a park volunteer waiver
 - Operators will function as docents, teaching any interested public visitors about our activities.

How we get points...

- Our entry class will be “3O” (up to 3 simultaneous operators, outdoors)
- Bonus Points:
 - 1500 bonus points for no use of commercial power
 - 1500 bonus points for operating “Outdoors” (vans and tents count)
 - 1500 bonus points for operating outside of a “Home”
 - 1500 bonus points for making one, and only one, QSO via Satellite
- Multipliers:
 - Power Output Multiplier: QRP = 4x
 - 1 point per Phone QSO, 2 points per CW & Digital QSO
 - Every unique band and unique mode multiplies (modes × bands = multiplier)
- If we get all above bonus points, make 5 phone + 5 dig/CW QSOs per hour for 24 hours, on 6 bands and 5 modes, we could get 78,000 points!

Success?

Ranking	CALLSIGN	CATEGORY	SECTION	PH	CW	DI	MULT.	PWR	BONUS	CLAIMED	CALC'D
14	K6EI	4O	SCV	37	74	64	12	4	4500	18228	18066
25	K5TXM	1O	NTX	50	11	43	14	4	4500	13348	12384
54	VE3UCC	3O	ONE	36	1	12	10	4	6000	8772	7949
65	KA5D	1O	STX	26	0	18	6	4	6000	7464	7291
67	W3GH	1O	WPA	65	37	0	6	4	4500	7836	7268
101	AA1SB	1O	NH	0	53	0	3	4	4500	5772	5672
120	W4ZNG	1O	MS	8	0	15	5	4	4500	5260	5136
122	N6GA	4O	ORG	17	21	0	3	4	4500		5107
124	W5ECT	1O	MS	55	0	0	3	4	4500	5148	5082
129	N7RCS	1O	SFL	0	99	0	3	4	3000	5376	5051
132	KG7KKE	3O	ID	15	0	5	6	4	4500	5076	4977
136	WB3GCK	1O	EPA	2	18	0	3	4	4500	4956	4930
138	N5NAA	1O	STX	0	30	0	2	4	4500	4980	4912
141	K4JDA	1O	GA	4	3	4	7	4	4500	5004	4890
142	N3RF	1O	WPA	45	0	0	2	4	4500	4860	4851

Goal: Can WVARA top our first WFD as #1 QRP outdoor group?

What we need to succeed...

- Operators to fill the whole 24 hour schedule!
- Additional hands for Friday afternoon setup.
- Someone with a satellite experience and a suitable, portable station.
- Another “family size” tent, tall enough to stand-in, for the VHF/UHF station
- Participants with a sense of adventure and a desire to have fun!

Questions?
Discussion?

Winter Field Day 2022

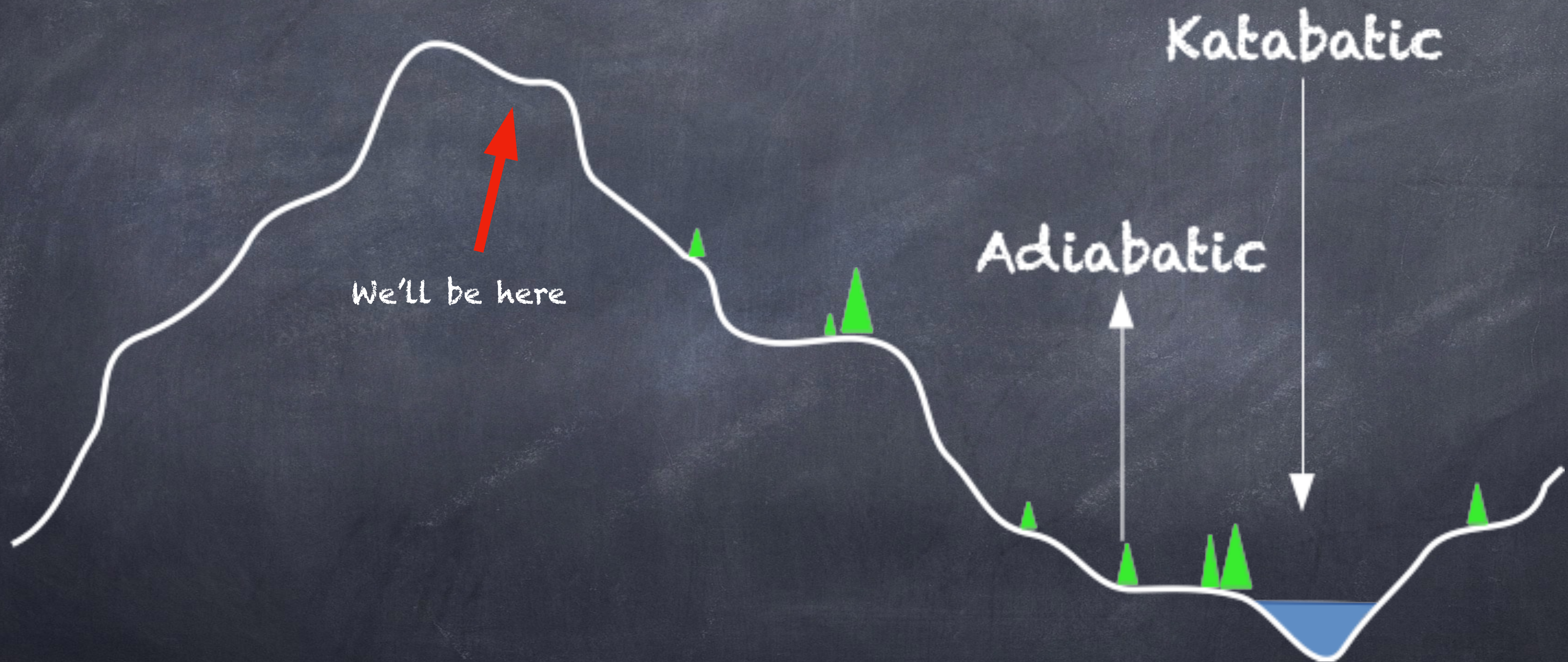
Cold Weather Outdoor Skills Primer/Refresher



Comfort in the Cold

- Shelter and Environment
- Clothing and thermal management
- Metabolism: Meals and other Fuel
- Activity and Energy Management

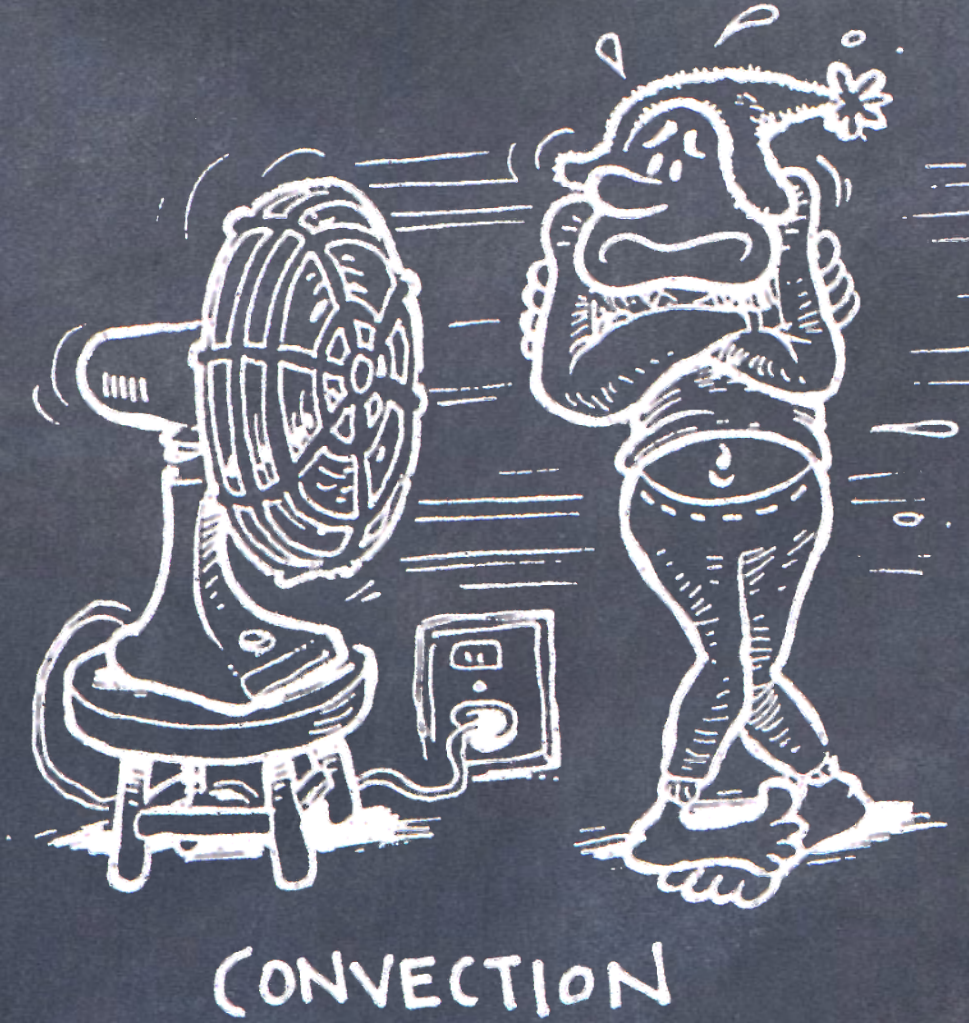
Terrain Effects on Temperature



Shelter/Site Considerations

- Elevation
- Prevailing wind direction
- Sheltering terrain features
- Adiabatic & katabatic air
- Lakes, streams, & other bodies of water

Heat Loss Mechanisms



Dress in Layers

- When Active: Start out cool and add layers only when necessary
 - A wind shell might warm you more than you expect
- When Sedentary: Dress warm and remove them before you get hot
 - The slightest sweat can make the warmest gear feel cold!
- Avoid cotton, it stops insulating when wet

Example Layered System

- Base Layer: Light wool or synthetic, full coverage
 - Don't forget head, hands, & feet
- Second thermal Layer: Pants, shirt, second socks
- Lofty thermal Layer: "Puffy" jacket, hat or hood, fleece or thermal pants?, mittens?
- Shell Layer: Windproof (possibly waterproof/breathable).
- Beware of completely waterproof layers!

Powering Your Metabolism

- The only thing keeping you warm is your own metabolism – keep it well fueled.
- This is not a time to diet or loose weight! Eat to keep warm.
- Plan to consume at least 150% of the calories you'd need on a summer outing.



Nutrition Adjustments

- You don't need much, if any, extra protein.
- Extra calories should be carbohydrates and fats.
- Plan for more carbs in the morning and throughout the day – quick energy fuel to burn while you're active.
- Plan for more fats in the evening – slow-burning fuel that will keep you warm overnight.

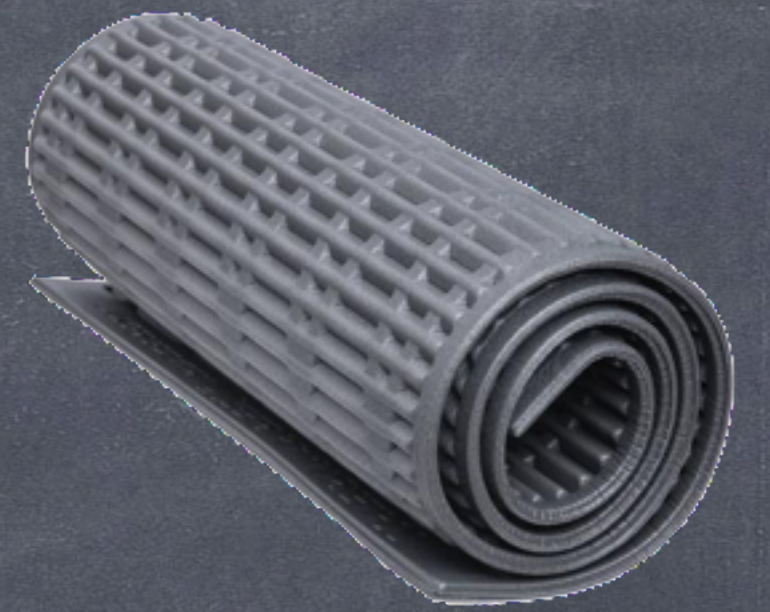
Nutrition Strategy

- Stay hydrated: This maximizes metabolic efficiency
 - Avoid diuretics: Alcohol, coffee, strong tea, etc.
- Add carbs by snacking more during the day on grains, fruit, candy, and tubers.
- Add fats by garnishing dishes with extra cheese, butter, oils, nut butters, and/or nuts.
- Snack and drink small quantities frequently

"Lunch starts at
breakfast
and ends at
dinner"

Energy Management

- Don't forget insulation beneath you!
 - Closed-cell foam is the best insulation: Sit on it, and put it under your feet.
- Take a "vigorous activity break" every 30-60 minutes
 - Get out, move around, increase your heart and respiration rate.
- Don't tough-it-out if you're cold...
fix it somehow!
 - Continued shivering or numbness portends hypothermia.



Many hams we
contact will
be roughing it
more than us.
We got this!



Questions?