

Hypothermia Wrap “The Burrito”

The human burrito works by trapping heat and protecting a hypothermic patient from the ground and environment. To make the human burrito you will need the following items or to improvise.

1. Tarp or waterproof vapor barrier to protect from wind and elements, like a shell layer, (pack liner survival bag)
2. Sleeping pad to slow heat loss to the ground
3. Sleeping bag to insulate and trap heat
4. A vapor barrier, like your emergency foil blanket, preventing evaporation that cools you down
5. Large heat pack for active re warming to the chest,
6. Some tape or rope to keep the burrito closed

- Wet clothing should only be removed if evacuation is >30min away, damp clothing can stay on
- Foil blankets normally go on the skin, but If clothing is really wet put it over that to protect the sleeping bag
- Active re warming is best with a large heat pack on the chest, improvised hot water bottles must be covered and not too hot. Do not burn patient



Tarp



Insulated Mat



Sleeping Bag



Vapor Blanket

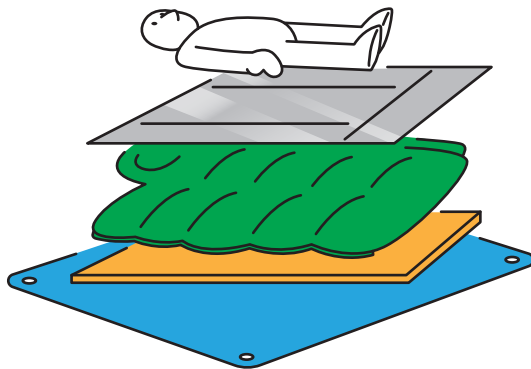


Heat Pad



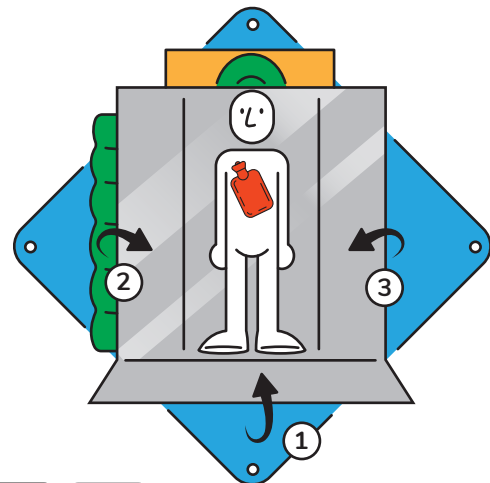
Tape or Rope

Step #1



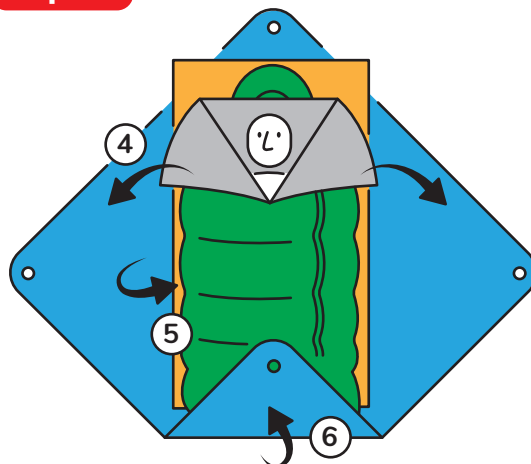
Step 1: Layer; Tarp, insulated mat, open sleeping bag, and emergency blanket

Step #2



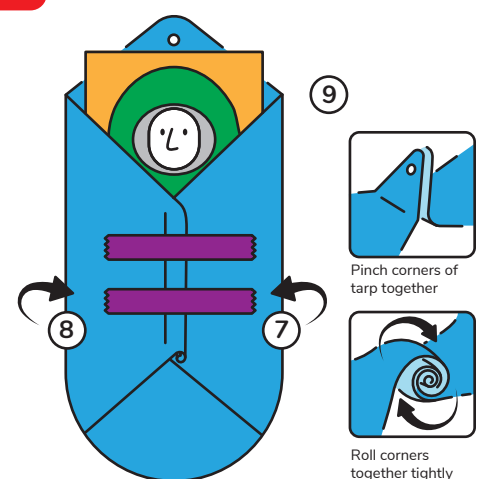
Step 2: Wrap foil blanket around patient and zip sleeping bag around them. Add warm heat pack to chest

Step #3



Step 3: Fold base of tarp inwards

Step #4



Step 4: Roll long tarp corners together for a secure finish and tape or tie in place