



The Winter Survival Guide

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Overview

1

How to **dress** & where to **shop**.

2

Winter **activities** in Chicago.

3

Winterizing your **household & car**.
Pet care.

4

Mental health and **wellness**.





Record temps

In January 2019, temperatures in Chicago dropped to a low of -23F (-30C), slightly higher than the city's lowest-ever reading in 1985.

Average temp in winter

31°F/-0.6°C

January 30, 2019

-23°F/-3°C

This was

100%
Unpleasant

Average Temps in Chicago

Av. Low (F)	Av. High (F)	Month	Av. Low (C)	Av. High (F)
34.5°F	48.6°F	November	1.4°C	9.2°C
22.7°F	35.3°F	December	-5.2°C	1.8°C
18°F	31.5°F	January	-0.3°C	0°C
21°F	35.8°F	February	-5.7°C	2.1°C



Dressing for Winter

101

DO:

- Choose the right material
- Layer clothing appropriately
- Beware of the windchill effect (lowering of body temp due to wind)

DON'T:

- Wear cotton during the winter
- Buy rubber/plastic boots without insulation
- Leave the house wearing hot layers that cannot be removed



PRO TIP

Choose your layers wisely. In warm UChicago buildings, you may not need supplemental heat. Wear layers that are removable.



Base Layer

Choose **moisture wicking**, **thin** layers for **insulation**. Look for **snug** fitting, **stretchy** fabrics. Avoid **fleece** and **cotton** as base layers.

Nylon, merino wool, polyester stretch knits, silk.

Uniqlo, Target, Gap, REI, Marshalls





Insulating Layer

Warm materials like **fleece** & **wool** help retain heat that is radiated by your body.

Fleece, wool, lightweight down & synthetic insulation, flannel, cashmere.

Eddie Bauer, Uniqlo, REI



Outer/Shell Layer

Protect from wind, moisture, and locks in warmth.
Jacket length & wind flaps.

Water conducts heat away from the body
(conduction) and wind can steal warmth
(convection).

Nylons, neoprene, waterproof materials,
leather/shearling.

North Face, Lands' End, Eddie Bauer, REI, 6pm.com,
Patagonia, Marmot



Boots

Consider your **activity level** and **where** you plan on wearing your boots.

Too much insulation → warm feet. Conversely, too little insulation → numbness & uncomfortable walking on campus.

Opt for **waterproof, seam-sealed** boots to keep feet dry & **rubber traction** to keep from slipping on ice.

Avoid tall snow boots; boots should fit comfortably with long pants. Tight boots will also prevent circulation → colder feet.

North Face, Doc Martens, Danner, L.L. Bean, Blundstone, Sorel



Accessories

Wear waterproof mittens (for max warmth), wool socks, and don't forget to cover your head and neck to maintain a comfortable body temperature.

Avoid **cotton** socks! Once wet, cotton loses most of its insulating properties.





Look for deals

You do not need to pay full price for most winter gear.
Before you buy online or in-store... try:

- 01 | The **Honey App** extension for your internet browser
- 02 | **RetailMeNot** app & website
- 03 | **6pm.com** offers 30-70% MSRP (North Face, Patagonia, etc.)
- 04 | Shop **Black Friday** (11/29) & **Cyber Monday** (12/2) deals
- 05 | **Ebay** & second-hand stores
- 06 | **Amazon Prime** (Friends? Family?)
- 07 | **Outlet malls & factory shops online** (ex: gapfactory.com)
- 08 | **Ask about student discounts!**

