The Winter Survival Guide

By Leah Rosenthal & Sarah Tolman
Overview

1. How to dress & where to shop.
2. Winter activities in Chicago.
4. Mental health and wellness.
In January 2019, temperatures in Chicago dropped to a low of -23°F (-30°C), slightly higher than the city's lowest-ever reading in 1985.
# Average Temps in Chicago

<table>
<thead>
<tr>
<th>Av. Low (F)</th>
<th>Av. High (F)</th>
<th>Month</th>
<th>Av. Low (C)</th>
<th>Av. High (F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>34.5°F</td>
<td>48.6°F</td>
<td>November</td>
<td>1.4°C</td>
<td>9.2°C</td>
</tr>
<tr>
<td>22.7°F</td>
<td>35.3°F</td>
<td>December</td>
<td>-5.2°C</td>
<td>1.8°C</td>
</tr>
<tr>
<td>18°F</td>
<td>31.5°F</td>
<td>January</td>
<td>-0.3°C</td>
<td>0°C</td>
</tr>
<tr>
<td>21°F</td>
<td>35.8°F</td>
<td>February</td>
<td>-5.7°C</td>
<td>2.1°C</td>
</tr>
</tbody>
</table>
Dressing for Winter

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**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!