

# SURVIVING THE CHICAGO



## Really, how cold can Chicago be?

Chicago is colder than most major cities around the world. According to weather.com, the average minimum temperature in the city reaches 14°F/-10°C during January. This doesn't seem unreasonable, until you add in blistering wind blowing off the lake at an average of 11 mph, making the wind chill factor register a much lower temperature. Then, there's the snow. In January, the average snow fall is 11 inches.

## Preparing yourself – recommended items:

Chapstick/Blistex/lip moisturizer	Scarf (fleece, wool)
Earmuffs/Cozies	Sweaters/Sweatshirts
Gloves/Mittens	Thermal Underwear
Hat	Thick, tall socks
Humidifier	Heavy Winter Coat
Kleenex (travel size tissue)	Winter/Snow Boots

## What to wear:

Dressing in layers is the best strategy for combating the frigid climate. Layers are helpful for navigating the cold outside and the warm indoors when inside. It is best to start with thermal underwear, then layer pants and sweaters on top. Add your winter coat, hat, scarf, and gloves to top it off.

## When to shop for winter clothing:

It is best to shop for winter clothing between mid-September and the beginning of October. The temperature starts to drop around mid to late October. It is wise to be prepared with something to cover your head and hands, as well as a nice warm jacket. Retail stores will offer sales towards late October on winter items. The sales offered towards the end of winter are the best: 50 -75% off most items. Be careful though, you don't want to wait too long to get your winter clothing because the freezing cold will be here before you know it!

## Miscellaneous:

Along with the cold temperatures, the winter months bring with them very dry air. During this time, it is important to keep tissues, lip moisturizer, and lotion nearby. You also might want to purchase a humidifier for your apartment as the heating systems will most likely dry out your skin.

