

OIA's Winter Survival Guide

(1) **Layer up!** Start with a moisture-wicking tank top or a t-shirt. Next, throw on an insulated mid-layer such as a flannel button-down or long-sleeve fleece. Both fleece and merino wool are breathable and provide warmth.

Ideas/Where to Shop: [Uniqlo](#) (22 N State or 830 Michigan Ave), [Target](#) (1346 #E 53rd), [Marshalls](#) (5102 S Lake Park Ave), [Gap](#) (555 N Michigan Ave), [REI](#) (905 W Eastman St)

(2) **Choose a removable top layer.**

Sweaters, zip-ups, jackets or hoodies. A warm top layer will help create additional insulation and

can be removed easily so you don't overheat when switching from outdoors to indoors. September through November, you can complete your look with just a down vest or light-down jacket before it gets too cold. A windbreaker can help lock in heat and deflect wind but does not add warmth so layer accordingly!

Ideas/Where to Shop: [UChicago Bookstore](#) (970 E 58th St), [Uniqlo](#) (830 Michigan Ave), [Banana Republic Factory](#) (108 N State St), [Eddie Bauer](#)

(3) **Tights and leggings and long-underwear, oh my!** A heavy pair of denim jeans or corduroys will protect from the elements but may not keep your legs warm. A thin pair of tights or long-underwear will go a long way—especially while commuting.

Ideas/Where to Shop: [Uniqlo](#) (830 Michigan Ave), [Target](#) (1346 #E 53rd), [REI](#) (905 W Eastman St), *most running/sporting stores in Chicago.*



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(4) **Sock it to me, baby!** Avoid 100% cotton. The last thing you want are cold, wet feet when temperatures drop. Materials like wool or wool blends will provide better warmth, support, and keep your feet dry.

Ideas/Where to Shop: [Amazon.com](https://www.amazon.com), [Dick's Sporting Goods](https://www.dicksportinggoods.com) (1100 S Canal St), [REI](https://www.rei.com) (905 W Eastman St), [Wigwam](https://www.wigwam.com) (wigwam.com), [TJ Maxx](https://www.tjmaxx.com) (11 N State St)



(5) **These boots were made for... Chicago winters.** Wear water-resistant, insulated boots that can withstand rain, snow, or any other element Chicago might conjure up. Buy a pair that will fit easily under your pants (according to your style preference) and wear thick socks to try boots on.

Ideas/Where to Shop: [L.L. Bean](https://www.llbean.com) (llbean.com), [Amazon.com](https://www.amazon.com), [Doc Martens](https://www.docmartens.com) (1561 N Milwaukee Ave), [DSW](https://www.dsw.com) (35 S State St), [The North Face](https://www.thenorthface.com) (875 N Michigan Ave), [6pm.com](https://www.6pm.com), [Blundstone.com](https://www.blundstone.com), [Danner.com](https://www.danner.com)



(7) **Protect ya neck...and head...and hands...and feet!** Wide scarves will provide excellent coverage for your neck and face (wool or cashmere). Wearing a hat can play a key role in protecting your head and ears from wind and cold temperatures and also contributes to maintaining a

comfortable body temperature. The right pair of gloves or mittens can make a huge difference, whether you're commuting to campus from downtown or walking to lecture halls from the dorms. For maximum

warmth, purchase a pair of mittens. If you're planning a snowball fight, consider wind/waterproof, insulated gloves or mittens.

Ideas/Where to Shop: [H&M](https://www.hm.com) (840 N Michigan Ave), [Nordstrom](https://www.nordstrom.com) (55 E Grand Ave) or [Nordstrom Rack](https://www.nordstromrack.com) (24 N State St), [The North Face](https://www.thenorthface.com) (875 N Michigan Ave), [Marshalls](https://www.marshalls.com) (5102 S Lake Park Ave), [6pm.com](https://www.6pm.com), [UChicago Bookstore](https://www.uchicago bookstore.com) (970 E 58th St)



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(8) Choosing a winter coat. Winters in Chicago can be unpredictable. Snow, ice, rain, slush. First and foremost, make sure your jacket is waterproof. Next, confirm the coat is well insulated (down or synthetic insulation) and wind-resistant. The length of your jacket should at least fall somewhere between your waist and knees (although longer coats that extend to your knees, calves, or ankles are also available). Remember: function over style when it comes to dressing for winter in Chicago!

Ideas/Where to Shop: [6pm.com](https://www.6pm.com/), [Macy's](https://www.macys.com/) (111 N State St), [Marshalls](https://www.marshalls.com/) (5102 S Lake Park Ave), [The North Face](https://www.thenorthface.com/) (875 N Michigan Ave), [Patagonia](https://www.patagonia.com/) (48 E Walton St), [Moosejaw](https://www.moosejaw.com/) (1901 N Clybourn Ave), [Eddie Bauer](https://www.eddiebauer.com/), [Marmot](https://www.marmot.com/)

Look for DEALS!

|1| Download the Honey App extension for your internet browser **|2|** RetailMeNot app & website **|3|** 6pm.com for steep discounts on brands like North Face and Patagonia **|4|** Shop Black Friday (11/29) and Cyber Monday (12/2) deals **|5|** Ebay & second-hand stores **|6|** Amazon Prime **|7|** outlet malls & factory shops online (ex: gapfactory.com)

Winter is coming... Be safe & enjoy!

- * Determine utility bill expenses ahead of time and budget.
- * Use a humidifier to reduce static, snoring, allergies, and keep plants happy.
- * Run water from the tap (just a dribble!) to prevent pipes from bursting; leave cabinet doors open to allow air to circulate.
- * Check your tire treads, buy a windshield scraper, and drive safely!
- * Take care of yourself, mentally & physically—find natural light, eat healthy, and stay active ([Resources from UChicago Health & Wellness](#))
- * Go outside! Ice skating (Midway Plaisance, Millennium Park, Maggie Daley Park), Christkindle Market, ZooLights, etc. (For more, visit [Chicago's Department of Cultural Affairs and Special Events \(DCASE\) website](#)).



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