

# **How to Survive (and Thrive!) in a Michigan Winter**

# Presenters



- Nathan Park
- BS in Cognitive Science
- Okemos, MI



- Jamauri Bryan
- MS in Information  
(Human-Computer Interaction)
- Ft. Lauderdale, Florida



**WEATHER**

# First things first: It is COLD

## ❄ Temperatures

### ❄ Average Highs and Lows in Fahrenheit:

- January: High: **31°** Low **19°**
- February: High **34°** Low **20°**
- March: High **46°** Low **28°**

### ❄ Averages in Celsius:

- January: High: **0°** Low **-7°**
- February: High: **1°** Low **-7°**
- March: High: **8°** Low **-2°**

## ❄ Remember

- ❄ Temperatures change throughout the day
- ❄ It's much colder at night
- ❄ It gets dark early
- ❄ Wind chill can make it feel significantly cooler
- ❄ Cold, windy, and dry

# Let It Snow

## ❄️ Snowfall

### ❄️ Totals in Inches

- January: **17.3 in**
- February: **21.0 in**
- March: **6.4 in**

### ❄️ Totals in Centimeters

- January: **43.8 cm**
- February: **53.4 cm**
- March: **16.2 cm**

## ❄️ Remember

- ❄️ Snowfall ranges
- ❄️ Beware of ice (especially when driving)
- ❄️ Leave earlier for class
- ❄️ Snow can be dirty



**FASHION**

# Remember to Dress for Both Indoors and Outdoors!

- ❄ It is VERY cold outside, but sometimes very HOT inside

## Solution: Layers!

- ❄ Put fitted clothes on first (leggings, tank tops, t-shirts)
- ❄ Next Add: long sleeve shirts, sweaters, cardigans, sweaters, sweatshirts, hoodies, etc.
- ❄ Tuck pants into your boots
- ❄ Look for waterproof or water resistant material
- ❄ Warm socks and gloves are a must
- ❄ Thermal tops and leggings



# Clothes for the Walk to Class

- \* Layers, layers, layers!
- \* Tuck pants into your boots
- \* Thick, wool socks
- \* Look for waterproof or water resistant material
- \* Invest in “snow pants”
- \* Wear hats, gloves, and a scarf!
- \* Switch out gloves for mittens or “lobster”-style handwear, which keep fingers close together and warmer



## WHICH WINTER COAT IS RIGHT FOR YOU?

### 1. WATERPROOF vs. WATER-RESISTANT

- \* OUT IN THE RAIN FOR LONG PERIODS
- \* COMPLETE WEATHER PROTECTION

- \* SNOW-PROOF
- \* OUT IN THE RAIN FOR SHORT PERIODS

### 2. DOWN vs. SYNTHETIC

- \* MORE COMPRESSIBLE
- \* SUPER LIGHTWEIGHT WARMTH
- \* DURABLE OVER TIME

- \* WARM EVEN WHEN WET
- \* DRIES QUICKLY
- \* MORE BREATHABLE

### 3. PARKA vs. JACKET

- \* SUPERIOR COLD PROTECTION
- \* TRAPS MORE BODY HEAT
- \* BETTER FOR LONG PERIODS OUTSIDE

- \* 3-SEASON VERSATILITY
- \* LIGHTER WEIGHT
- \* MORE BREATHABLE
- \* HIGH OUTPUT ACTIVITIES

### OTHER THINGS TO CONSIDER...

- \* Temperature ratings are subjective, as everybody's body handles cold differently.
- \* Where are you from? Warm or Cool climate?      \* Do you walk or drive more?
- \* Have you ever experienced a Michigan winter?



# DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

## CHILLY



[weather.gov/safety](https://www.weather.gov/safety)

# Where to Shop

## LOCAL:

\$: Salvation Army (1621 S. State St)

\$: Ann Arbor PTO Thrift Shop (2280 S. Industrial)  
[Thurs-Sun Only]

\$\$: Eddie Bauer (Briarwood Mall)

\$\$: Sierra (215 N Maple)

\$\$\$: Moosejaw (327 S Main St)  
[Store Closing! Check sales!]

\$\$\$: Bivouac (336 S. State Street)



## ONLINE:

\$: **Columbia**

([www.columbia.com](http://www.columbia.com))

\$: **Kohls**

([www.kohls.com](http://www.kohls.com))

\$: **JCPenney**

([jcpenney.com](http://jcpenney.com))

\$: **Target**

\$\$: **LLBean**

([www.llbean.com](http://www.llbean.com))

\$\$\$: **North Face**

([www.thenorthface.com](http://www.thenorthface.com))



# GETTING AROUND TOWN

# Walking in the Snow

## Sidewalk conditions:

- ❄️ Look out for ice! Slippery sidewalks are everywhere
- ❄️ Walk slowly and give yourself extra time to get places
- ❄️ Wear the right shoes! Boots are made for winter walking
- ❄️ If you are renting a house, make sure that you read your lease and understand if you are responsible for any snow removal as a tenant. Check out Ann Arbor's snow and ice removal laws. The city provides free salt and sand at multiple locations if needed.



# Winter Transportation

## Driving in the snow:

- ❄ Never run a vehicle in an enclosed area, such as a garage
- ❄ Make certain your tires are properly inflated
- ❄ Keep your gas tank at least half full
- ❄ Do not use cruise control when driving on any slippery surface (wet, ice, sand)
- ❄ Allow more stopping time and longer time for breaking
- ❄ “Pump” the brakes to stop, do not leave your foot on the brake pedal
- ❄ Use your seatbelt every time you get into your vehicle
- ❄ Always bring an ice scraper and brush



# Bicycling in the snow

## Road conditions:

Sand, salt, sun, and snow plows eliminate ice and snow from roads in the days after a storm.

## Ride steady:

For slippery stretches, slow down and stay loose.

**Brake** only on the rear wheel to avoid spin-outs on slick surfaces.

**Be prepared** to take your feet off the pedals if the bike starts to fishtail or tilt.

## Watch out

Cars are less aware of bikers in the winter. Ride defensively. Make eye contact with drivers. Add bright lights to your bicycle.

## Choose the right bike

Sand, salt, and grit can destroy suspension and gears. Go with an older bike.

**Store your bike outdoors-** A room-temperature bike in new snow can cause ice to form on brakes and gears more easily. Also, keep your chain and gear cassette lubricated for best operation.





# ACTIVITIES

# Fun in the Snow!!



- ❄ Build a snowman
- ❄ Snowball fight!
- ❄ Sledding
- ❄ Skiing/snowboarding
- ❄ Make a snow angel
- ❄ Snowshoeing
- ❄ Build an igloo





# Michigan Hockey Games

## Next Game:

Friday, January 17th

U-M vs. Michigan State (7:00pm)

at Yost Arena 1116 S. State St

## Find the Schedule at:

<https://mgoblue.com/sports/mens-ice-hockey/schedule>



# Ice Skating at Yost Arena

**Price:**

Students/ Kids/ Faculty: \$4.00

Skate Rental: \$3.00

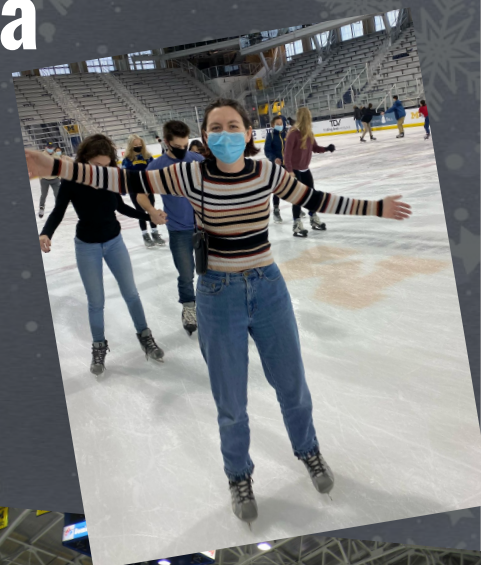
[yost.umich.edu](http://yost.umich.edu)

\*Make sure you get to  
Yost early to rent ice skates

1116 S. State Street

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 Holiday Skate: 12 PM to 1:20 PM	3 Holiday Skate: 12 PM to 1:20 PM	4 Holiday Skate: 1 PM to 2:20 PM
5 Closed - Michigan Hockey Home vs Ohio State	6	7	8	9	10	11 1:30 PM to 2:50 PM
12 1:30 PM to 2:50 PM	13	14	15	16	17 Closed - Michigan Hockey Home vs Michigan State	18 1:30 PM to 2:50 PM
19 1:30 PM to 2:50 PM	20	21	22	23	24 12:00 PM to 1:20 PM	25 1:30 PM to 2:50 PM
26 1:30 PM to 2:50 PM	27	28	29	30	31 Closed - Michigan Hockey Home vs Penn State	1 Closed - Michigan Hockey Home vs Penn State

\*Times subject to change based on Yost Ice Arena schedule. Check calendar regularly to confirm times\*



# Sledding in Ann Arbor

## The Huron Hills Golf Course

3465 E. Huron River Drive (734-971-6840)

\*Bring your own sled

## Rolling Hills County Park

7660 Stony Creek Road, Ypsilanti Township, (734-484-9676)

\*Has sledding and rents toboggans and sled tubes as well as ski equipment.

\*Warm

up in the lodge there after you're done. For county residents, a daily pass is \$5, and an annual pass is \$25.

## Veterans Park

2150 Jackson Ave (734-794-6235)

\*Bring your own sled



# Having Winter Fun Indoors

- ❄ Board Games
- ❄ Read
- ❄ Watch a Movie
- ❄ Attend a UMS performance
- ❄ Decorate: lights, paper snowflakes, wreath, etc.
- ❄ Bake





**FOOD +  
DRINKS**

# Hot Chocolate in Ann Arbor (Most delicious after sledding!)



Zingerman's Coffee



Sweetwaters



Comet Coffee



Lab Cafe



Mighty Good



Argus Farm Stop -

Packard Cafe



## *gourmet* homemade hot chocolate mix



ghirardelli premium  
chocolate chips



french deluxe  
vanilla sugar



ghirardelli premium  
baking chocolate



organic sugar



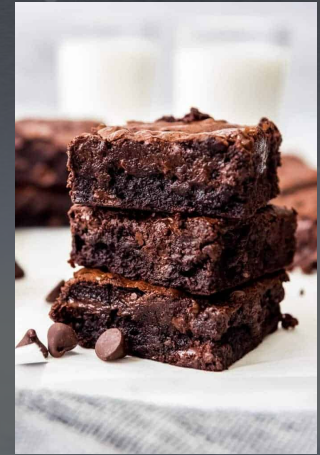
dry milk

layer ingredients in a  
mason jar and later add  
water or milk



# Comfort Foods

- Eat what makes you happy
- Warm foods like ramen and soup can help against the winter cold
- Food really makes a difference in your mood and health!



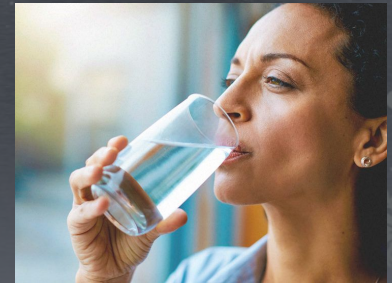


**HEALTH**



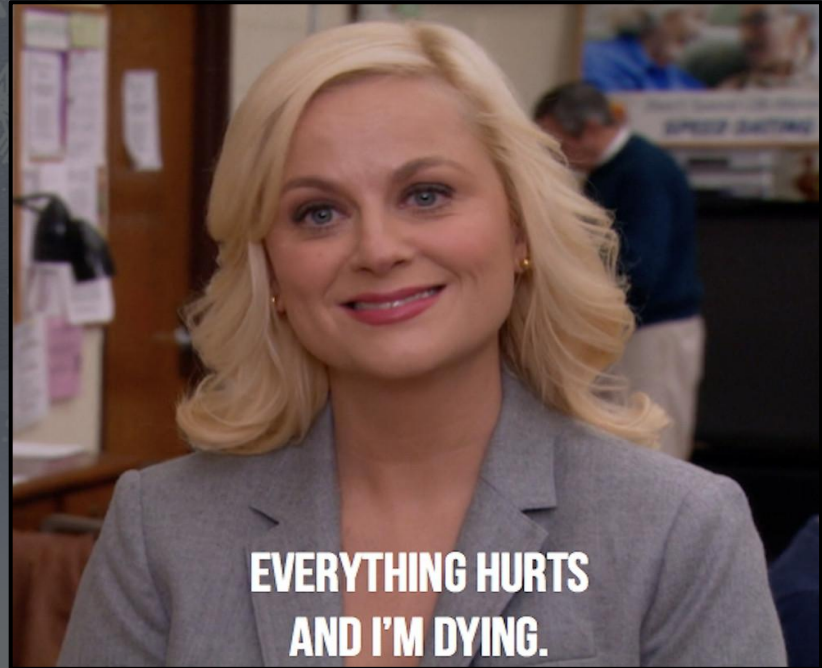
# How to Stay Healthy in the Winter

- ❄️ **Keep active:** Move your exercise indoors or try an outdoor winter activity
- ❄️ **Eat Well:** Enjoy winter fruits and vegetables
- ❄️ Wash your hands regularly
- ❄️ Avoid close contact with someone who is sick
- ❄️ Keep household surfaces clean
- ❄️ Drink plenty of fluids: water, hot tea and soup
- ❄️ Avoid alcohol and caffeine
- ❄️ Get plenty of sleep
- ❄️ Take a vitamin or supplement
  - ❄️ Supplements such as vitamin C, zinc and echinacea may help relieve the symptoms and reduce the duration of a cold
- ❄️ Get a flu shot!
  - ❄️ UHS, CVS, Walgreens



# What to do about school/work if you are sick

- ❄️ **DO NOT STRESS**
- ❄️ Professors understand that sick days happen
- ❄️ Don't go to class if you're sick
- ❄️ Check the syllabus for a sickness or absence policy
- ❄️ OR...
- ❄️ Obtain a doctor's note to have your absence excused
- ❄️ Notify your boss or professor
- ❄️ Ask a classmate for their notes
- ❄️ Attend office hours
- ❄️ Have a paper or project due? Consider asking for an extension
- ❄️ Exam? Notify your professor in advance if you truly think you can't make it
- ❄️ **COVID Testing on Campus**



# Coping with Winter/Seasonal Depression

- ❄️ Sun lamps
  - ❄️ Wellness Zone in the Union
  - ❄️ [Buy on Amazon](#)
- ❄️ Remember: Comfort Foods!
- ❄️ Keep active
- ❄️ Some Campus Resources:
  - ❄️ [Counseling and Psychological Services \(CAPS\)](#)
  - ❄️ [Wolverine Wellness](#)
  - ❄️ [Recreational Sports](#)
  - ❄️ [Wolverine Support Network](#)





# UPCOMING EVENTS



JOIN THE INTERNATIONAL CENTER FOR:

# *New Student Welcome Dinner*



January 16, 6-7pm  
South Quad Dining Hall

# INTERNATIONAL COFFEE HOUR

Thursday, January 23  
3:00 PM - 4:30 PM  
Language Resource Center  
1500 North Quad



**M** | LSA LANGUAGE RESOURCE CENTER  
UNIVERSITY OF MICHIGAN



**Thank You!**