



Preparing for Winter in Michigan



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 Indoors!

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

Solution: Layers!

- ❄️ Put fitted clothes on first (leggings, tank tops, t-shirts)
- ❄️ Recommended: *Heattech thermal wear (Uniqlo)*
- ❄️ Next Add: long sleeve shirts, sweaters, cardigans, sweatshirts, hoodies, etc.
- ❄️ Warm socks and gloves are a must



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

COLD



EXTREME COLD



Where to Shop

LOCAL:

\$: Salvation Army
1621 S State St



\$\$\$: Moosejaw
327 S Main Street



\$\$\$: Bivouac
336 S State Street



ONLINE:

\$: Columbia
(www.columbia.com)

\$: Kohls
(www.kohls.com)

\$: JCPenney
(jcpenney.com)

\$: Target

\$\$: LLBean
(www.llbean.com)

\$\$\$: North Face
(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 spinouts 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:

Saturday, December 10th

U-M vs. Michigan State (6:30pm)

at Yost Arena 1116 S. State St

Find the Schedule at:

<https://mgoblue.com/sports/mens-ice-hockey/schedule/2022-23>



Ice Skating at Yost Arena

Price:

Students/ Kids/ Faculty
\$4.00

Skate Rental
\$3.00

yost.umich.edu

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

1116 S. State Street



Yost 2022 Public Skate Schedule

12/4/2022 – 1:30pm-2:50pm

12/11/2022 – 12PM-1:20PM

12/18/2022 – 1:30pm-2:50pm

12/19/2022 – 12PM-1:20PM

12/20/2022 – 12PM-1:20PM

12/21/2022 – 12PM-1:20PM

12/22/2022 – 12PM-1:20PM

12/23/2022 – 12PM-1:20PM

12/27/22 – 12PM-1:20PM

12/28/22 – 12PM-1:20PM

12/29/22 – 12PM-1:20PM

12/30/22 – 12PM-1:20PM

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.

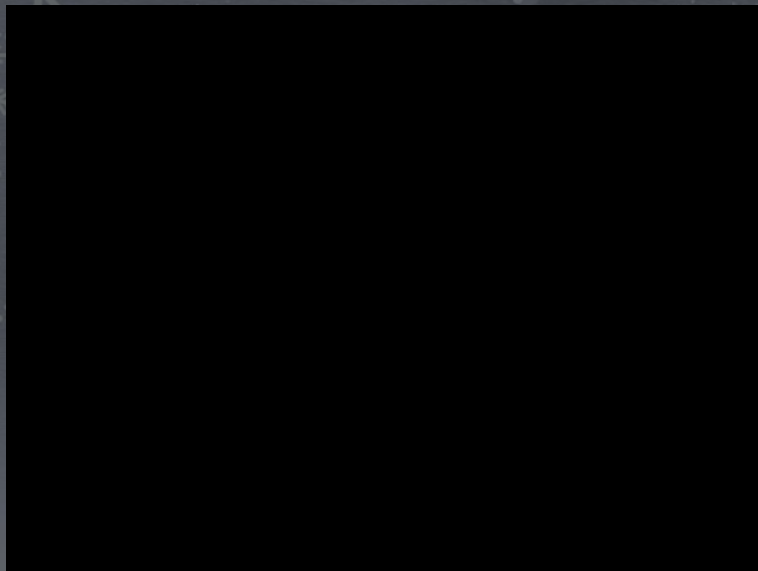
*Warm

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



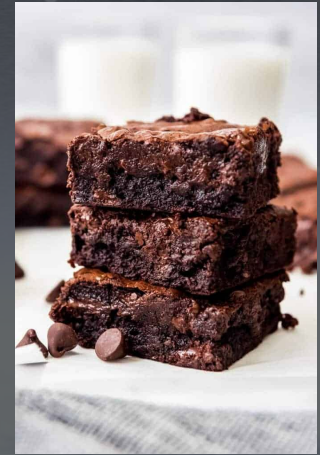
dry milk

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!

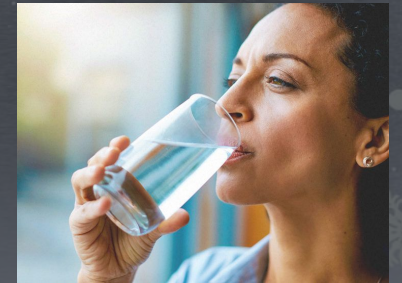




HEALTH

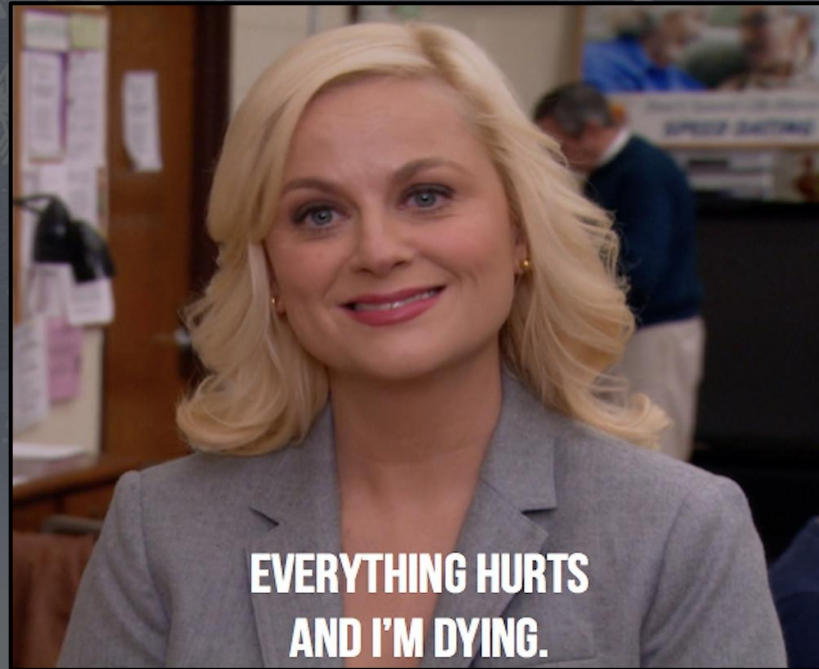
How to Stay Healthy in the Winter

- ❄️ **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 and your COVID booster!
 - ❄️ UHS, CVS, Walgreens



What to do about school/work if you are sick

- ❄️ **DO NOT STRESS**
- ❄️ Professors understand that COVID and 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



STUDY BREAK:
**WINTER
PAINT
NIGHT!**

FRIDAY, DECEMBER 9, 4:30 PM
NORTH QUAD, SPACE 2435



M
INTERNATIONAL
CENTER

INTERNATIONAL COFFEE HOUR

Co-sponsored by
M STUDENT LIFE
UNIVERSITY HEALTH SERVICE
UNIVERSITY OF MICHIGAN

Tuesday, December 13
12:00 PM - 1:00 PM
Location: Multi-Use Room, UHS

With Special Guest, Howley!



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Thank You!