Preparing for Winter in Michigan
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
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, sweaters, sweatshirts, hoodies, etc.
❄️ Warm socks are a must
DRESSING FOR COLD WEATHER

CHILLY
- 1-2 layers
- long layer
- outer layer to keep out wind, rain
- warm shoes water proof

COLD
- 2-3 layers
- gloves
- outer layer to keep out wind, wet snow
- warm hat
- boots water proof

EXTREME COLD
- 3+ layers
- 1 insulating
- face mask
- outer layer to keep out wind
- gloves
- boots water proof
Clothes for the Walk to Class

- Layers, layers, layers!
- Tuck pants into your boots
- 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
Where to Shop

LOCAL:
$: Salvation Army
1621 S State St

$$$: Moosejaw
327 S Main Street

$$$: Bivouac
336 S State Street

ONLINE:
$: Colombia
(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
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:
Wednesday, February 2nd
Michigan vs. U.S. NDTP (7:00pm)
at Yost Arena 1116 S. State St

Find the Schedule at:
https://mgoblue.com/sports/mens-ic
e-hockey/schedule/2021-22
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

1/16/2022 – 1pm-2:20pm
1/22/2022 – 1pm-2:20pm
1/23/2022 – 3:30pm-4:50pm
1/30/2022 – 2pm-3:20pm
2/5/2022 – 1pm-2:20pm
2/6/2022 – 2pm-3:20pm
2/12/2022 – 1pm-2:20pm
2/20/2022 – 1pm-2:20pm
2/26/2022 – 1pm-2:20pm
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
- Reading
- Movies
- Attend a UMS performance
- Decorate: lights, paper snowflakes, wreath, etc.
- Bake
Hot Chocolate in Ann Arbor (Most delicious after sledding!)

- Zingerman’s Coffee
- Sweetwaters
- Comet Coffee
- Lab Cafe
- Mighty Good
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!
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**
UPCOMING EVENTS
Wednesday, January 19
11:30 AM - 12:30 PM

INTERNATIONAL STUDENT LUNCH CONVERSATION

Join us for a conversation on wellness, mental health, and life as an international student at U-M and in the U.S.
U-M Library Basics
Presented by the U-M Library

Friday, January 21, 2022
9:00 AM - 10:00 AM

Gain insight into the resources and services available at the library and learn strategies for efficiently finding information for your research projects.