



Preparing For Winter

Winter in Ann Arbor: Cold

❄ Temperatures

❄ Averages in Fahrenheit:

December: **40°**

January: **27°**

February: **31°**

March: **43°**

❄ Averages in Celsius:

December: **4.4°**

January: **-2.8°**

❄ KEEP IN MIND

❄ Temperatures range

❄ Much colder at night

❄ Gets darker sooner

❄ Wind chill can make it feel significantly cooler

❄ Cold, windy, and dry



Winter in Ann Arbor: Snow

❄️ Snowfall

❄️ Totals in Inches

December: **2.3 in**

January: **12.3 in**

February: **16.5 in**

March: **8.9 in**

❄️ Totals in Centimeters

December: **5.8 cm**

January: **31.2 cm**

❄️ KEEP IN MIND

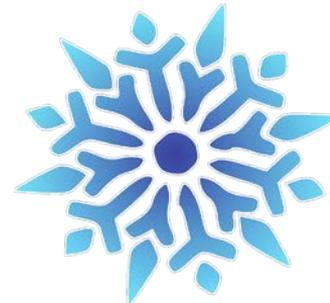
❄️ Snowfall ranges

❄️ Beware of ice

❄️ Especially when driving

❄️ Consider leaving earlier for class

❄️ Snow can be dirty



Dressing to Be Indoors

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

Solution: Layer!

- * 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 Outdoor Activities

- * Layer your clothes, just like spending time indoors
- * Tuck pants into your boots
- * Look for waterproof or water resistant material
- * Invest in “snow pants”
- * Wear hats, gloves, and a scarf!
- * Protect your core!
- * Switch out gloves for mittens or “lobster”-style handwear, which keep fingers close together and warmer

SKI CLOTHING GUIDE *for beginners*



Where to Shop

\$\$\$: **Northface, REI.com**

(Very warm, many options, long lasting, stylish)

<https://www.thenorthface.com>,

<https://www.rei.com>)

\$\$: **LLBean**

(Many options, very warm, long lasting)

(<http://www.llbean.com>)

\$: **Colombia**

(More affordable option, still very warm)

(<http://www.columbia.com>, www.kohls.com,
jcpenny.com)

- * You can search for all of these brands on Amazon.com, backcountry.com, for potential discounts!



[Shopping local:](#)

Many of these brands can be found at stores within walking distance at...

Moosejaw (327 S. Main Street)

Bivouac (336 S. State Street)

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

Winter Transportation



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.



Outdoor Winter Activities



Winter (outdoor) Activities

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



Winter Activities:

Michigan Hockey Games

Next Game:

Friday November 11th

Michigan vs. Boston University
(7:30pm)

at Yost Arena: 1116 S. State St

Find the Schedule at:

<http://www.mgoblue.com/sports/m-hockey/sched/mich-m-hockey-sched.html>



Winter Activities:

Ice Skating

Public Skate at Yost Arena

(1116 S. State Street)

Almost everyday we have either a Noon skate or a regular Public Skate.

Make sure you get to Yost early to rent ice skates

Noon Public Skate:

Monday-Friday from 12pm to 12:50pm (subject to change).

Price: \$3.00/ Skate Rental \$2.00

Public Skate Price:

Students/ Kids/ Faculty \$4.00 Skate Rental \$3.00

schedules.yost.umich.edu



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)

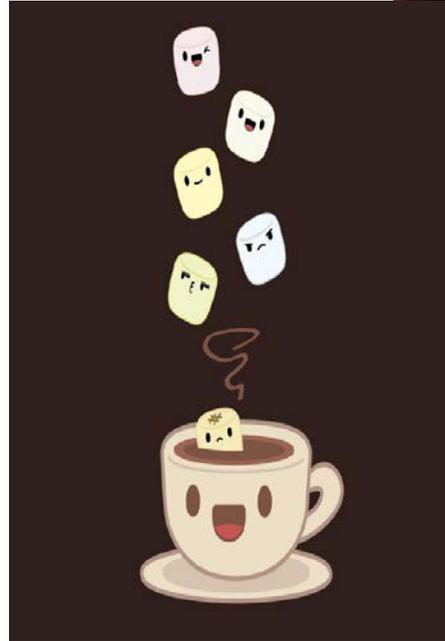
*Has sledding and rents toboggans and sled tubes as well as ski equipment.

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



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

- [Zingerman's Coffee](#)
- [Crazy Wisdom](#)
- [RoosRoast](#)
- [Sweetwaters](#)
- [Comet Coffee](#)
- [Lab Cafe](#)
- [Mighty Good](#)



Winter (indoor) Activities

- * Board Games
- * Reading
- * Movies
- * Volunteer at a soup kitchen
- * Attend a UMS performance
- * Decorate: lights, paper snowflakes, wreath, etc.
- * Make a gingerbread house
- * Bake



Christmas Movie Musts

- Elf
- It's a Wonderful Life
- The Santa Clause
- National Lampoon's Christmas Vacation
- The Polar Express
- How the Grinch Stole Christmas
- A Christmas Story
- A Christmas Carol
- Home Alone



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 has a cold
- * Keep household surfaces clean
- * Drink plenty of fluids, including 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**
- * Don't go to class if you're very 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

