

# Preparing for Winter

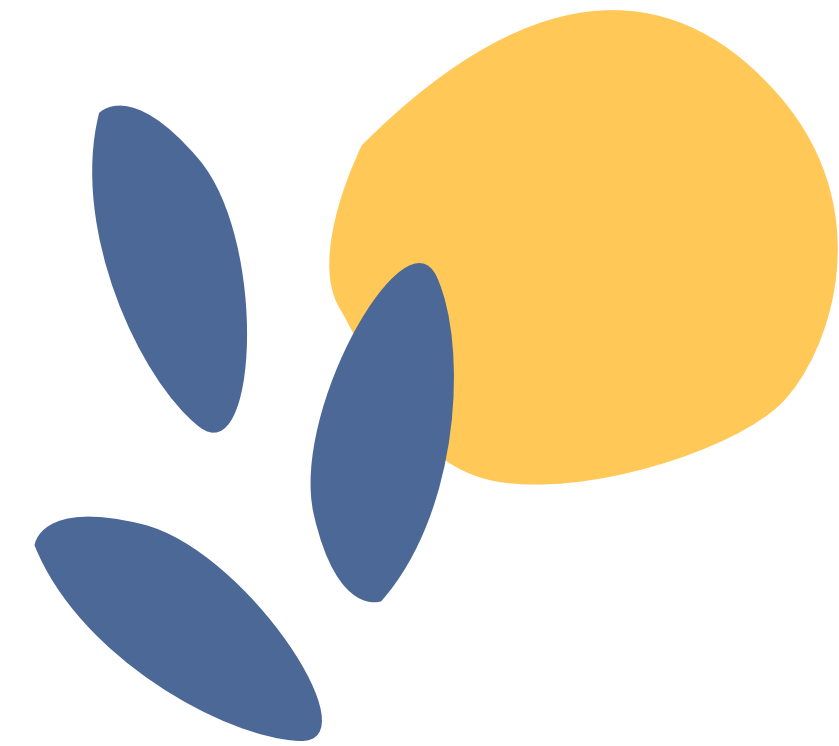
■ Tips for Newcomers to Canada



# Purpose of Session

How can you prepare yourself for the realities of winter?

- Tips and tricks
- Dressing appropriately
- Extreme cold conditions
- Winter wellness
- Learning how to find joy during this challenging time of year





# Check the weather and plan ahead.

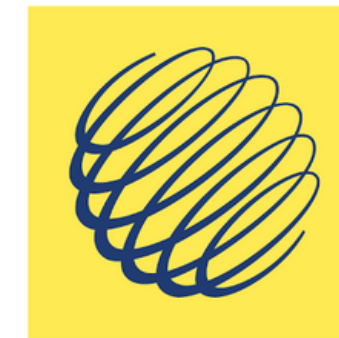
- Check the weather online or on an app
- Looking out the window is not enough – it may be a clear and sunny winter day, but  $-20^{\circ}\text{C}$
- Listen for a wind chill warning
- Helps prepare mentally for the weather
- Helps decide what you will wear

# Apps

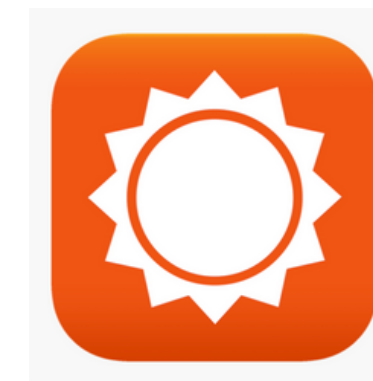
● WeatherCAN



● Weather Network

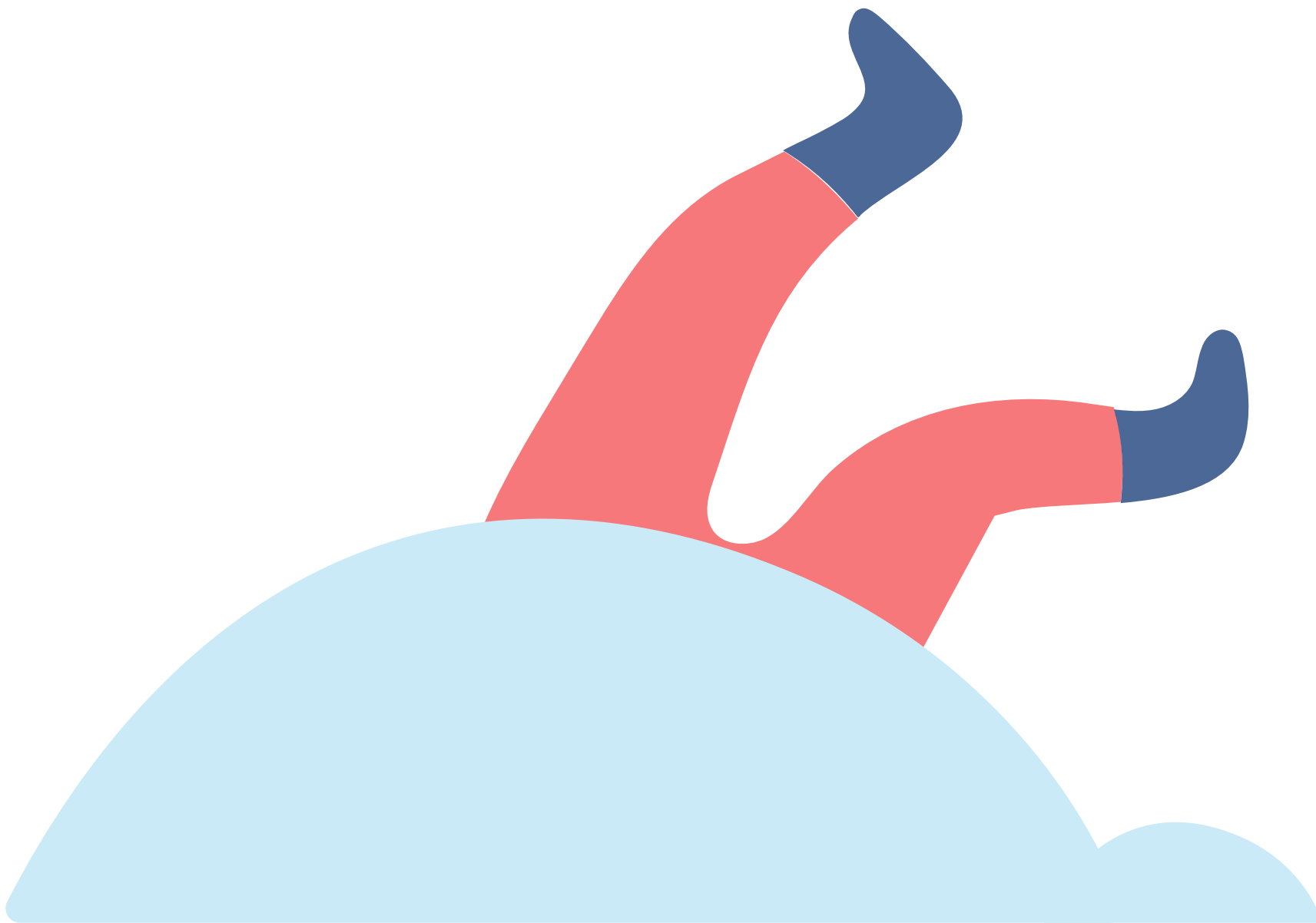


● AccuWeather



# Prepare for delays.

- Prepare for more time to get ready and get where you are going
- Leave early, walk carefully
- Buses or traffic delays
- Cancellations
- Drive slowly and be sure to purchase winter tires if you plan to have a vehicle in Canada



# A jacket just won't cut it.

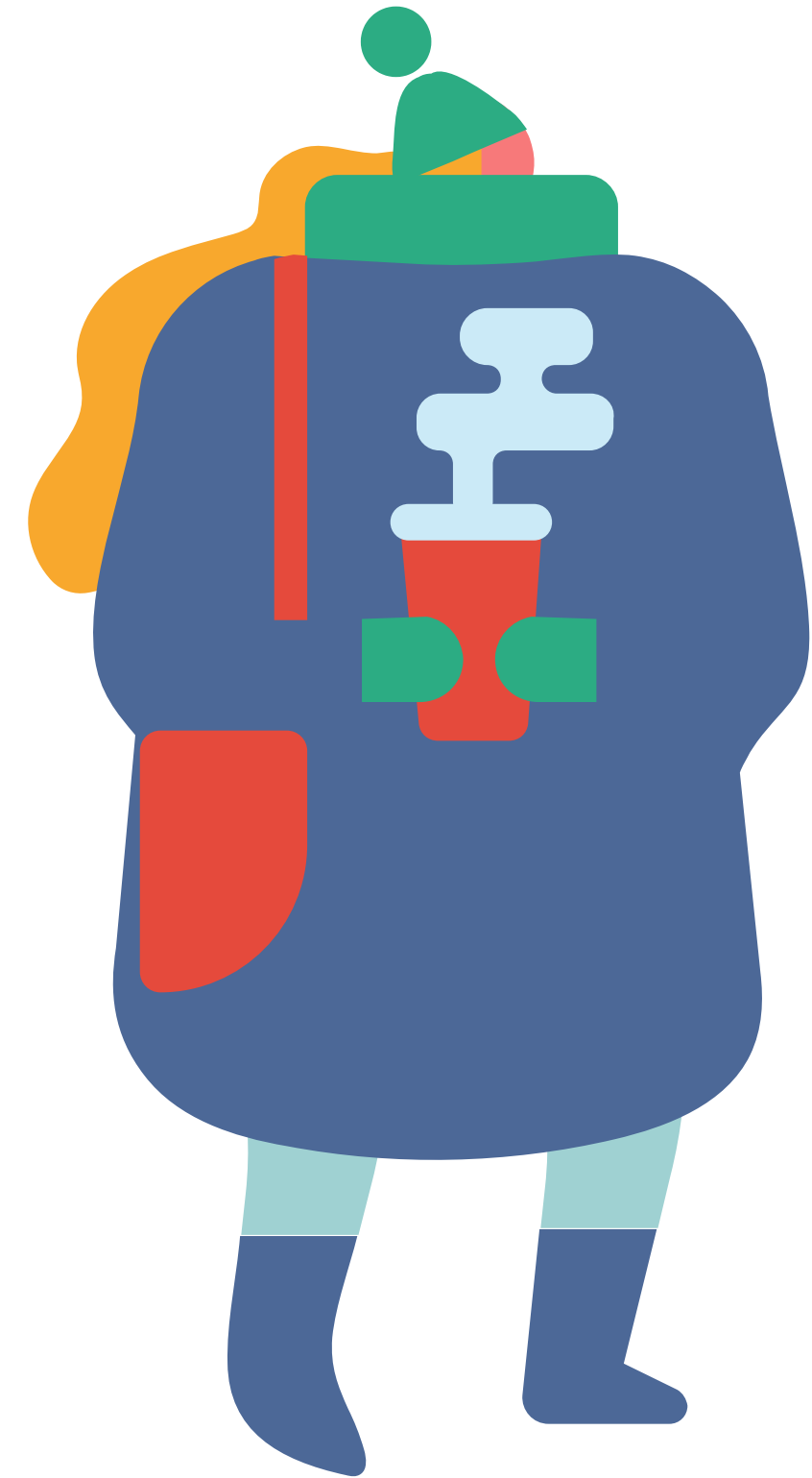
- Dressing appropriately is key to surviving winter
- Quality winter wear can change your winter experience
- Quality, functionality, and durability – it's an investment!
- Dressing appropriately also protects you from extreme winter weather conditions including wind burn, frost bite, and hypothermia



# Extreme cold conditions.

In cold temperatures, your body starts to lose heat faster than it can produce.

This can lead to serious health conditions.



# Extreme cold conditions.

## Wind Burn

- Occurs when cold wind removes the top layer of oil from the skin
- Causes dryness, redness, soreness, itchiness
- Often confused with sunburn, as has similar symptoms

## Frostbite

- When the temp drops below 0°C, blood flow to your hands, feet, nose, and ears can be severely restricted
- The combination of poor circulation and extreme cold can lead to frostbite
- Frostbite generally occurs in body parts furthest from the heart: hands, feet, nose, ears

## Hypothermia

- Being exposed to cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion and loss of muscular control can occur



# Dress appropriately. Some tips.


- Dress in layers with a wind resistant outer layer.
- Cover from head to toe – no skin exposed.
- Wear warm socks, gloves, a hat and scarf in cold weather.
- Stay dry – peel off layers when you get too hot to avoid moisture.
- If you get wet, change into dry clothing as soon as possible. You lose heat faster when you're wet.
- Synthetic and wool fabrics provide better insulation.
- Some synthetic fabrics are designed to keep perspiration away from your body which keep you dry.

# The science of layering.

Three main layers:

- Base: keep dry & warm
- Mid: trapping heat
- Outer: protect

**BASE LAYER**  
**Warmth/ Moisture Control**  
*Regulates body warmth and moves perspiration away from body*



Also known as "long underwear/ johns" and usually made of synthetic material. Available in lightweight, middleweight and heavyweight, depending on the season. We recommend one lightweight and one heavyweight top and lower options for the Dayara trek. This will allow you more choice, depending on the prevalent conditions.

**MIDDLE LAYERS**  
**Insulation**  
*The Mid layers retain heat, trapping it close to the body*



Fleece (synthetic wool) top and bottoms above the base layer. A puffy jacket (down or synthetic down) for insulations. Both of these are compressible and light and will easily fit into your backpack.

**OUTER LAYER**  
**Weather Protection**  
*Protects from harsh weather conditions such as Snow, Rain, Sleet, Hail*



Commonly known as wind shell jackets, these can be worn above your mid layers and insulate your body as well as breathe well during hiking. On top of this we suggest a waterproof shell, which will actually keep you dry when it snows (snow quickly melts when coming into contact with the body).

# Protect yourself.

- On sunny days wear sun glasses, lip balm and sunscreen to protect your skin from UV rays.
- Keep skin moisturized to help prevent windburn.
- Keep moving (especially your hands and feet) to keep your blood flowing and maintain your body heat.



# Where to buy winter clothing.

- Thrift stores – search for used but quality winter clothing
- Sports Stores - sports and outdoors stores tend to have better quality winter wear. E.g. MEC, North Face, Columbia, Canadian Tire, Sports Chek
- Uniqlo (great heat tech thermal underwear)

# Starting this winter term?

What to pack with you to ensure you stay warm in quarantine:

- Leggings or thermal underwear (long-johns)
- Thick socks
- Jeans and/or other long pants
- Long-sleeved t-shirts
- Sweaters/cardigans
- Warm sleepwear
- A warm jacket that's waterproof
- Waterproof, fully covered shoes or boots
- You can buy a proper winter jacket, winter boots, and gloves, a hat, and scarf once you arrive in Canada if it's difficult to find in your home country

# Stay active and healthy.

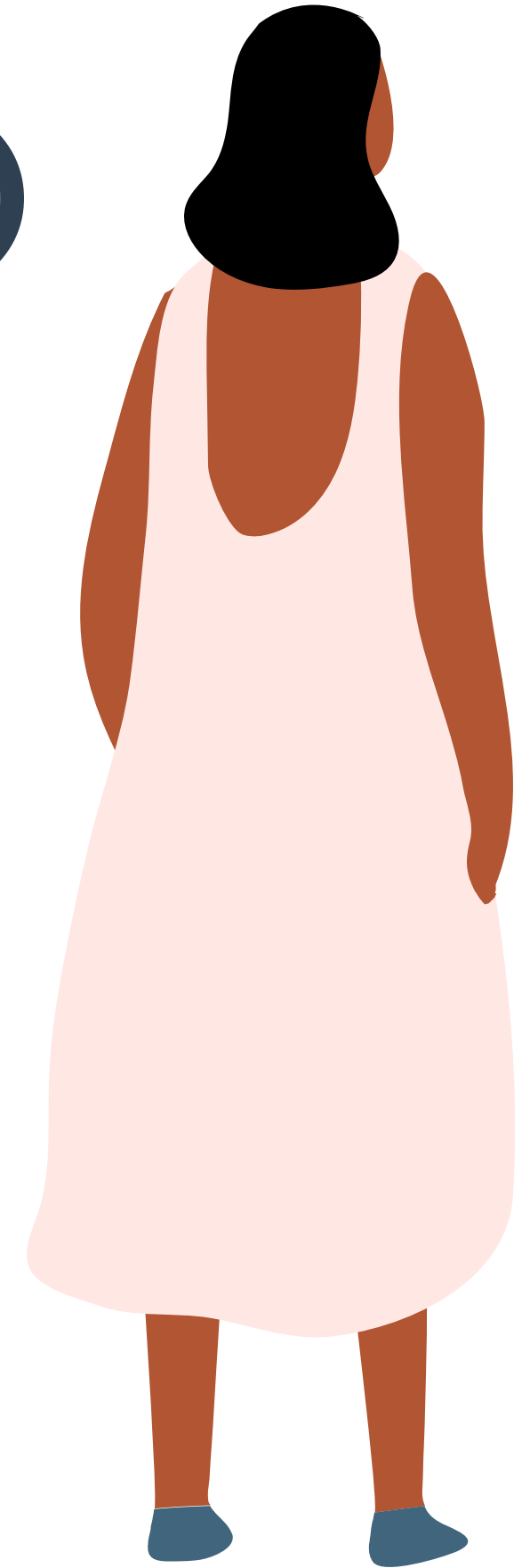
Many winter factors can result in a weakened immune system and as the days get shorter, it can be more difficult to get outside and stay active. But staying healthy and active is important in winter to boost your immune system.

## Winter Wellness Tips:

- Get plenty of rest
- Eat a balanced diet
- Wash your hands
- Get plenty of exercise
- Get outside
- Supplements (e.g. Vitamin D, C)
- Reduce stress

# Seasonal Affective Disorder (SAD)

- Seasonal Affective Disorder is a common problem that happens in countries where there is less sunlight.
- During the winter in Canada, the days become shorter and due to cloud cover and snowfall, there is less direct sunlight.
- Can lead to a lack of energy, fatigue, mood swings, etc
- Why does this happen? Lack of Vitamin D
- Stay active, Vitamin D supplements
- Connect to Counselling Services if needed.





# Trent Counselling Services

- If you are experiencing any symptoms of anxiety, depression, loneliness or any other unwanted feelings or sensations, know that you are not alone.
- Trent Counselling Services are currently providing counselling sessions from remote locations, either by confidential video or phone
- [www.trentu.ca/wellness/counselling](http://www.trentu.ca/wellness/counselling)

## Student Wellness Centre



TRENT UNIVERSITY  
**Student Wellness Centre**  
COUNSELLING | HEALTH | ACCESSIBILITY



# Finding joy

There are many fun outdoor activities you can take part in to stay active and healthy during the winter months.

- Snowshoeing
- Tobogganing/sledding
- Skiing (cross-country and downhill)
- Ice skating
- Hiking
- Trent Outdoors Club



# Finding joy

Need a break from the cold? There are also many indoor activities you can engage in during the winter months.

- Go to the gym (Trent Athletics Complex or Oshawa Civic Centre)
  - Fitness classes, intramural/recreational sports, swimming
- Get involved in clubs and groups activities (TCSA and TDSA websites)
- Document your experience: photography, painting, journal
- Lean into it - cozy up with your friends, boil the kettle, and enjoy the slower time being inside

**Winter is a challenging time, but it's also an opportunity to explore, learn something new, and slow down.**



**“To appreciate the beauty of a  
snowflake, it is necessary to  
stand out in the cold.”**

**— Aristotle**

# Resources

- <http://anthilladventures.com/2017/12/13/layering-for-winter-treks/>
- <https://www.canada.ca/en/health-canada/services/healthy-living/your-health/environment/extreme-cold.html>
- <https://cmha.ca/understanding-mental-illness/mood-disorders/seasonal-affective-disorder>