Surviving Winter & Staying Safe in Madison

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How to Enjoy Winter in Wisconsin, told by Global Badgers

- https://www.youtube.com/watch?v=i_gTRUzBZCY#action=share
Winter Clothing Demonstration

Adding layers will help keep you warm as the temperature drops.

**Chilly**
- 1-2 layers
- Outer layer to keep out wind, rain
- Warm shoes
- Long layer
- Warm clothes

**Cold**
- 2-3 layers
- Gloves
- Warm hat
- Outer layer to keep out wind, wet snow
- Boots
- Warm clothes

**Extreme Cold**
- 3+ layers
- 7 insulating layers
- Face mask
- Outer layer to keep out wind
- Gloves
- Boots
- Warm clothes

[weather.gov/cold]
Winter Clothing Vocabulary: Words to Look for

• Windproof
• Waterproof
• Insulated
• Down (synthetic or feather)
• Traction or rubber on sole (bottom of boot)
• Polyester
• Wool (but do not put in the dryer or your clothing will shrink!)
• NOT cotton (because it holds moisture and does not quickly dry)
• “Rated” to -10 degrees Fahrenheit (or similar language)
Winter Clothing Advice

• Wearing layers is very important!
• Two thinner layers > one thick layer
  • (air pocket between layers provides insulation)
• Inner layer (closest to skin) = long underwear of silk or thermal material
• 2nd layer: pants and long-sleeved shirt, wool socks
• Wearing layers will let you stay comfortable when you go inside, because you can take off your top layer
Weather websites

- Weather.gov
- Weather.com

Wind chill = How cold it feels on your skin
Winter weather vocabulary

- **Freezing rain**: rain that freezes when it hits the ground, creating a coating of ice on the roads, walkways, trees, power lines.

- **Sleet**: Rain that turns to ice pellets before reaching the ground.

- **Slush**: A combination of snow and ice that has partially melted.

- **Winter Weather Advisory**: winter weather conditions are expected to cause significant inconveniences and may be hazardous. Use caution, but these are not life threatening.

- **Winter Storm Warning**: A winter storm is occurring or will soon occur in your area. Use great caution, avoid travel.

- **Blizzard Warning**: Sustained winds or frequent gusts up to 35 miles per hour, considerable amounts of snow. Do not travel.

- **Frost/Freeze Warning**: below freezing temperatures are expected.

Sources: University of Michigan-Flint and ready.gov/winter-weather
Winter activities

• Hoofers is the largest student organization at UW-Madison and offers a variety of outdoor activities
• Downhill skiing, snowboarding, and snow tubing
• Madison Winter Festival (early February)
• Cross-country skiing and snowshoeing
• Building a snowman
• Making a snow angel
• Ice-skating
• Ice fishing
• Bascom Hill snowball fight
• Sledding or snow tubing
  • Ask us about the ISS tubing trip! :)

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Winter health and safety tips

- **Dress for the weather.**
  - This helps protect you from the cold and can keep you safe from weather-related injuries.

- **Stay hydrated.**
  - Winter air is dry. Drink plenty of water, apply lotion, and use lip balm as needed.

- **Eat lots of fruits and vegetables.**
  - This helps your immune system and boosts your energy and your mood.

- **Get exercise.**
  - Bundle up and spend time outside! Getting exercise helps your immune system.

- **Embrace the cold.**
  - This may be a big adjustment for students who are from warmer climates. We encourage you to try new activities and step out of your comfort zone. You may discover a passion for winter sport, or a preference for the cold!

- **Seek out additional resources as needed.**
  - Some people experience negative side effects from the longer hours in darkness and the colder weather during winter. If you notice that the weather is affecting your daily life in a negative way, please connect with University Health Services for Mental Health resources.

- **Beware of ice!**
  - Walk cautiously and slowly. Sometimes ice is hard to see.
Safety Tips for Getting Around Madison

• Stay aware of your surroundings
• Avoid wearing earbuds when walking by yourself, especially at night
• Tell your friends when to expect you
• Trust your instincts. If you feel unsafe, wait in a well-lit public place.
• Obey traffic and pedestrian signals
• Watch for bikes!
Resources

• ISS Enjoying Winter in Madison:
  • https://iss.wisc.edu/students/current-students/enjoying-winter-in-madison/
  • Driving information can also be found on the ISS website

• National Weather Service:
  • https://www.weather.gov/safety/winter

• UW Police Department:
  • https://uwpd.wisc.edu/staying-safe/inclement-weather/
Questions