



ISC Nursing Students Present: How to Prepare for a Canadian Winter

In Canada, winters are usually very cold and it can snow often. The temperature is usually below 0°C, day and night. However, temperatures can drop to -20°C which can be very dangerous and potentially cause hypothermia and/or frostbite if you're not wearing the proper clothing.

Winter Coat:

- The most important investment is a good winter coat. These can be expensive; however, buying second-hand can provide cheaper alternatives. If you do buy second-hand clothes, make sure they are washable according to the manufacturer. Whether you choose to buy new or used it is important to buy a quality coat that will keep you warm.
- The warmest coat you can find is down (feather) filled. Wool coats and polyester fleece are a good alternative if you do not like down. You can find this information on the label of the coat.
- AVOID purchasing a winter coat that is made of cotton! It does not provide good warmth and if it gets wet - you will be very cold!



Winter Accessories:

- These include hats (toques), gloves/mittens, scarves, long underwear and socks.
- Hats, mittens and scarves help keep your head, hands and neck warm.
- These can be found at almost any store and can be relatively cheap.
- If you are planning to do outdoor activities, it is important to use LAYERS under your clothing. For example, long underwear can be worn underneath your pants to keep you extra warm. You can also layer your shirts, long sleeves and sweaters. The colder it is, the more layers you should put on.
- Wear several thin layers of clothing instead of one thick layer.
- Wear one pair of thick socks or two pairs of thin socks.





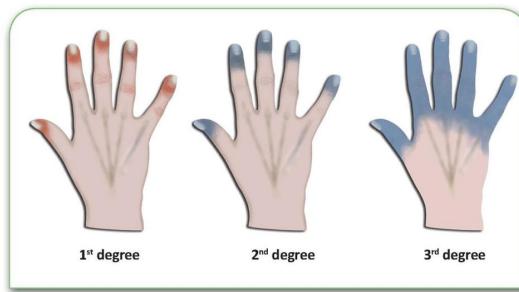
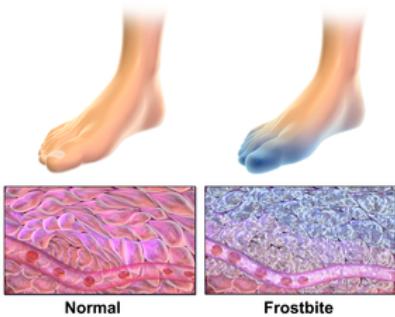
Winter Boots:

- Waterproof winter boots are good for the snow. Prices for good boots usually start at \$75.
- Boots with a good grip on the bottom are recommended (ice and snow are slippery!)
- Rubber boots are NOT good for the winter and your feet will get very cold and uncomfortable.
- Find a boot that has a reasonable lining on the inside along with a thicker sole. The ground is much colder than the air and you do not want to lose heat through your feet!



Frostbite:

- Frostbite happens when your skin or tissues begin to freeze due to long exposure to cold temperatures with no protection and it is very painful!
- Most affected areas are face, nose, ears, hands and feet
- Signs of frostbite initially include cold skin and a prickling feeling. Followed by numbness and red, white, bluish-white or greyish-yellow colouring of the skin. Later signs include hard or waxy-looking skin and blistering after rewarming (in severe cases).
- Seek medical attention immediately if you suspect frostbite!



Winter Tips:

- Before leaving your house, check the weather forecast to know the temperatures, wind chill, and precipitation for the day.
- Winter tends to dry out your skin. Apply lotion and lip balm daily to help keep your skin moisturized.
- Windsor is the most Southern part of Canada and tends to be warmer than many other regions in the country. Keep this in mind and be prepared for colder temperatures if you plan to travel.
- Drink warm beverages - hot chocolate, hot apple cider, soup, tea or coffee.
- Make sure your hair is dry before going outside to prevent getting a cold.



Where to Shop for Winter Clothing:

- Devonshire Mall (Boathouse, Hudson's Bay, Sport Check) - 3100 Howard Ave, Windsor
- Walmart - 3120 Dougall Ave, Windsor
- The Real Canadian Super Store (Joe Fresh) - accessible via Grocery Bus on Tuesdays
- Winners - accessible via Grocery Bus on Tuesdays

Where to Shop for Less Expensive Winter Clothing:

- STK Thrifts Store - 3990 Tecumseh Rd E, Windsor
- Value Village - 6711 Tecumseh Rd E, Windsor
- Goodwill - 1643 McDougall St, Windsor
- Facebook (Marketplace)