



Winter 101:

Preparing for the Weather and Embracing Winter in Canada!



What to Expect

Winter in Manitoba – a place where it can go from +30C in the summer to the extremes of -30C in winter is quite an experience! Winter can be dangerous, but it can also be fun and magical!

The best way to enjoy our winters is to be prepared and understand what this season is like here.

You can expect mornings and nights to be coldest, with your “warmest” temperatures in the early to mid afternoons.

You can expect all kinds of snow...wet, soft, fluffy, ice pellets, snow you will sink in, and snow you can walk on top of!

You can expect both windy conditions and calm conditions.

How to Read the Temperature Accurately

Winter temperatures are made up of two parts:

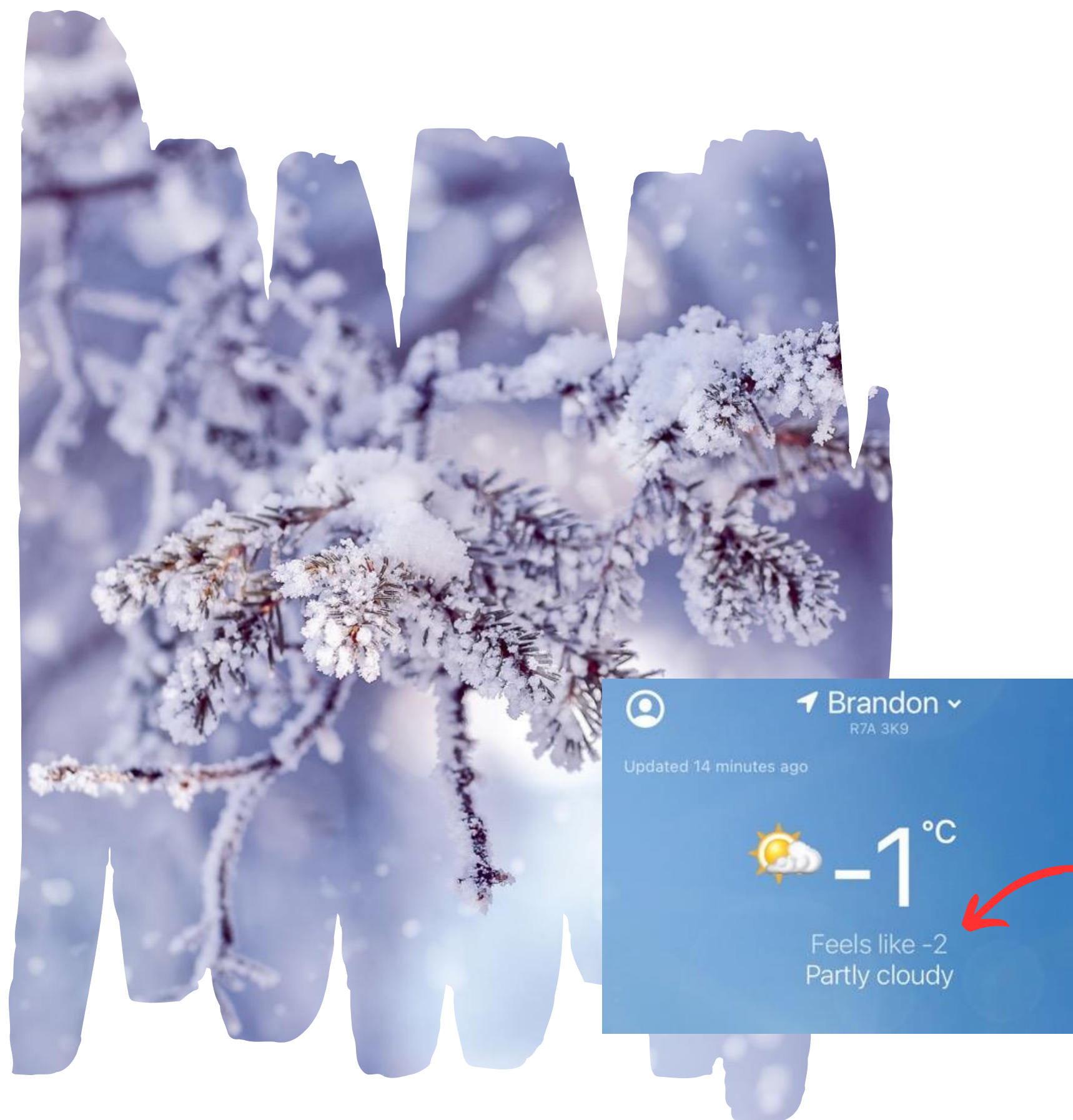
Temperature: How warm or cold the air is.

Windchill: The measure of the cooling effect the wind has on the body in cold, dry air masses.

Windchill will ALWAYS make the temperature colder and potentially more dangerous to your body.

When looking at the temperature, always factor in the windchill value. On most apps, you will find the temp + windchill under the main temperature, and it will say “Feels like...”

It is common for the temperature to read: -20C and feel like -30C with the windchill



Weather APPS

The Weather Network
Detailed Weather Forecast

UPDATE

672K RATINGS: 4.6 ★★★★★

AWARDS: Editors' Choice Apps

AGE: 4+ Years Old

CHART: #1 Weather

Weather - The Weather Channel
Local Radar Maps & Storm Watch

UPDATE

6.6K RATINGS: 4.5 ★★★★★

AGE: 4+ Years Old

CHART: #11 Weather

DEVELOPER: The Weather Channel

WeatherCAN
Env. & Climate Change Canada

GET

1.6K RATINGS: 4.5 ★★★★★

Environment and Climate Change Canada

#3 Weather



Walking or Waiting for a Ride?

- ✓ Dress warmer than you think you have to. You can always take layers off!
- ✓ Always dress for the weather, even if you are getting a ride.
- ✓ When very cold, stay inside for as long as possible.
- ✓ Keep your body moving while waiting outside.



Traveling out of Town & Winter Driving

- ✓ Always check the weather and highway conditions before going out of town
- ✓ If a highway is closed, do not drive on it - this will void your insurance
- ✓ Drive for the conditions (slower, more cautiously, give yourself lots of room to stop when driving behind others, and lots of time to get where you are going to.
- ✓ Always pack all your outerwear, snacks, water, flashlight, small shovel, candle, and matches.
- ✓ Always tell someone where you are going.
- ✓ When driving, try to avoid visible ice patches and drifts (patches of snow on the road)





Frostbite...

... injury to the body tissue caused by exposure to the extreme cold. It typically affects the nose, cheeks, fingers, or toes.

Most people usually just get frostnip (mild frostbite), where there will be irritation of the skin, a slight change in skin colour (whitening), and temporary numbness that changes to burning when the skin warms up. Frostnip doesn't permanently damage the skin.

For more detailed information on stages of frostbite and how to treat it, check out this link :

<https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656>



If... Then... How to Avoid Frostbite!

If your fingers or toes start to tingle/go numb, then move them or wiggle them constantly and go inside as soon as you can. Once inside, run cool water over them (not cold, not hot).

If your ears or cheeks hurt or go numb, then cover them up and go inside as soon as you can.

If the air is hurting your nose, throat, or lungs, then cover your mouth and nose with a scarf or neck warmer when outside.

If the windchill says skin will freeze in under two minutes if exposed, then cover your skin before you go outside!

What to Wear - Pro Tips

- ✓ Layers of loose, warm clothing
- ✓ Outerwear that has an identified cold rating (look for it on tags)
- ✓ Outerwear that has insulation and wind protection
- ✓ Ensure your coat can fit over a sweater/hoodie and is not too tight



On Your Head

- ✓ A hat (toque) that covers your ears completely
- ✓ Material should be thick enough that wind does not blow through, or be fleece lined
- ✓ A hood on a jacket will work too, but it must be secure and fit close to the head



On Your Top

Not all winter coats/jackets/parkas are created equal!

- ✓ Coats need to be windproof and also have a layer of insulation – check for a cold rating on the tags
- ✓ Coats should have a hood, zipper to close, and a high neck collar
- ✓ A longer coat that covers over your hips and bum is recommended for greater warmth





On Your Face, Neck and Hands

Covering your face and hands is very important in both mild cold and severe cold. Here's why:

- ✓ If your face and hands get wet, even in milder temperatures, you can still get frostbite.
- ✓ In severe cold with a windchill, the combined temperature will still freeze dry skin.

SUGGESTIONS FOR HANDS, FACE, & NECK:

- Mittens over gloves every.single.time. Your hands will stay warmer if your fingers aren't separated
- Material that blocks wind
- Has a rating of -20C or colder
- Knitted products are nice, but don't block wind very effectively. Look for fleece-lined knitted products, or just fleece itself. Fleece material for the face and neck is soft and very warm, but still not windproof!
- Have a couple face coverings if you walk a lot, because if you wear while wet, it's not only uncomfortable, but also less effective against the cold temperatures and wind.

On Your Bottoms

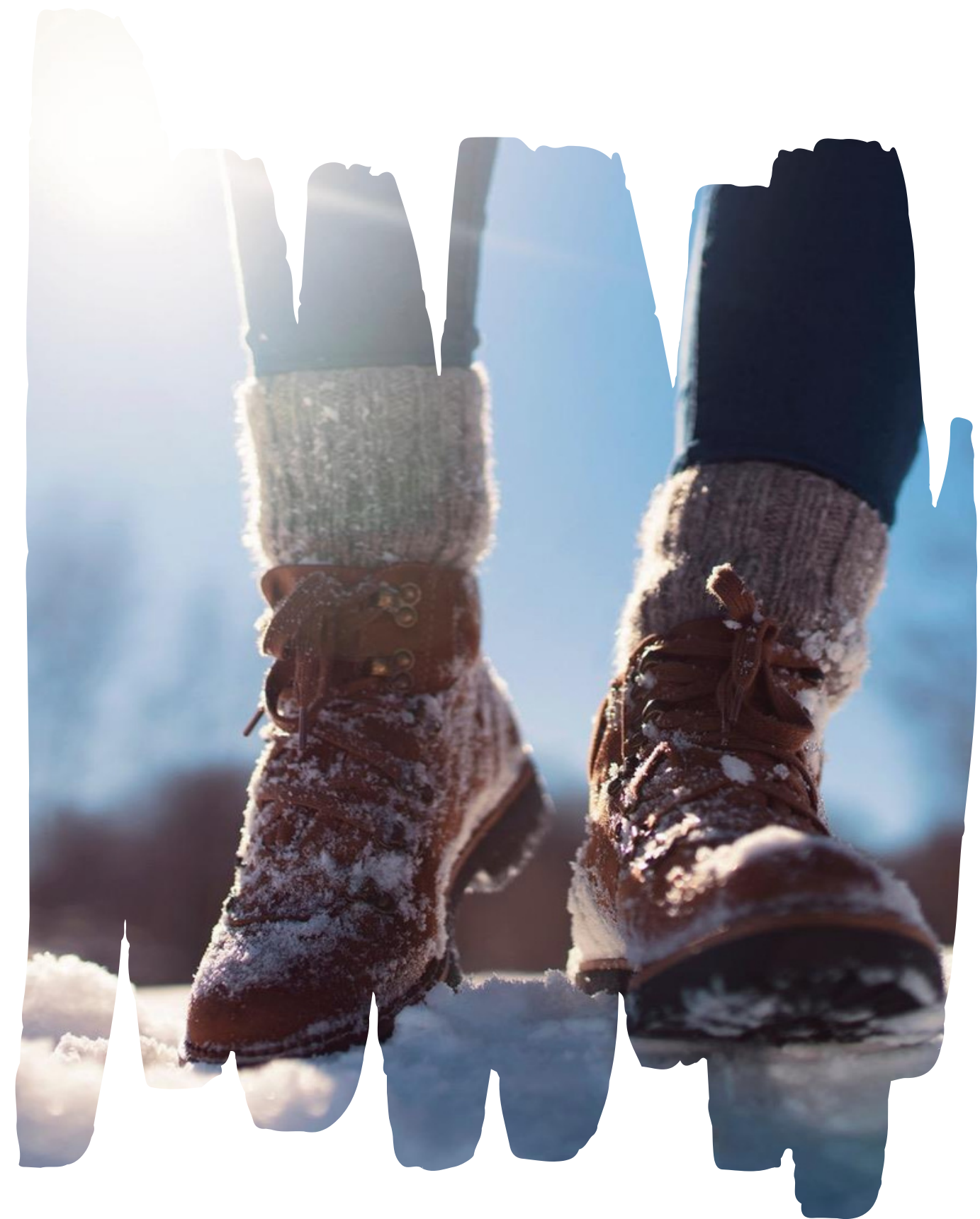
- ✓ Wind-blocking pants without insulation to put on over regular pants (called windpants/track pants)
- ✓ Thicker, insulated pants to put over regular pants (called skipants) that will block wind and provide warmth
- ✓ Wide enough at the ankle to go **OVER** your boots
- ✓ Wearing thermal long underwear under your regular pants is a great way to stay extra warm!



On Your Feet

Boots, boots, boots!

- ✓ Ensure your boots are not tight, leave enough room to wear 2 pairs of socks or be able to wiggle your toes easily! (tight boots will restrict blood flow and cause your feet to be cold and promotes frostbite)
- ✓ Boots should have an insulating layer (most common one to look for is Thinsulate)
- ✓ Have a rating of -20C or colder
- ✓ Waterproof is best – but the whole boot doesn't need to be as long as the foot area is!



Drying Your Outerwear

Getting your outerwear dry in between wears is very important. Wet outerwear is less effective against the cold and very uncomfortable.

- ✓ If your clothing is covered in snow, shake it off/brush it off prior to hanging it up to
- ✓ Put your small items, and boots over air vents - hang up your longer items so they have exposure to warm air
- ✓ You can also put outerwear in your dryer, but check the laundry label and dry at a normal or cooler setting
- ✓ NEVER put your outerwear on heating surfaces that could cause the clothing to melt or catch fire!



Seasonal Affective Disorder (S.A.D)

The seasonal disruption to our bodies circadian rhythm and less exposure to the sun can result in mood disorder - commonly manifesting as symptoms of depression. This is normal, and there are some ways to combat S.A.D.

1. Taking Vitamin D supplements or purchasing UV light lamps
2. Engaging in activities with friends
3. Talking to someone about your experience





EMBRACING WINTER

Indoor Activities

- ✓ Playing board games
- ✓ Doing crafts/art projects
- ✓ Watching movies
- ✓ Doing puzzles
- ✓ Baking/cooking
- ✓ Having hot drinks with friends



Outdoor Activities

- ✓ Skating
- ✓ Skiing
- ✓ Sledding/tobogganing
- ✓ Winter walks
- ✓ Bonfires
- ✓ Playing in the snow!





Any Questions?

Thank You