Welcome!

How to survive winter in Canada
**Fall**
- Shorter Days
- First frosts appear
- Leaves in many parts of the country turn from green to red, yellow and brown before they fall from the trees.
- Rainy or dry weather
- Unpredictable time of year
- First snows in November, but sometimes they come earlier.
- You will need a Fall coat, mittens, hat and boots as the end of autumn arrives.

**Winter**
- Dress warmly to protect yourself from the cold when you are outside in winter.
- You will need a winter coat, mittens, hat and boots on most days.
- Snow as early as late October and as late as April
- Daytime temperatures below 0 degrees from December to mid-March and very cold nights.
- Wind chills can make temperatures feel even colder.
- Days will be shorter in winter.

**Summer**
- Temperatures can reach 30 degrees or higher
- Hot and dry weather
- Humid air and thunderstorms
- Mosquitoes in late spring or early summer
- Black fly season begins during same period and lasts a few weeks
- Make sure you arrive with clothing for warm weather
- Coat or sweater on hand for cooler days.

**Spring**
- Winter snow begins to melt
- A lot of rain during this period
- Days become warmer and longer and the nights remain cool
- Plants begin to grow
- Trees remain bare until April or May
- You will need a warm coat and possibly a hat, mittens and boots during this season
What you need to know

When does it begin?

• The first "real" snow usually falls in November
• Mainly in January and February

How long does it last?

• Until the end of March or April
• Snow coverage: 12 weeks approximately
• More snow than in Moscow or Oslo
• Learn more about how to prepare for winter weather on Government of Canada's website
Your Allies & Enemies

Enemy - Wind

Ally – Weather Network
The wind chill factor

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Your Allies & Enemies

Enemy - Sun

Ally – Snow
Snowstorm

- Heavy snow build-ups with strong winds
- 5 or 6 snowstorms during the winter
- Surprise snowstorm sometimes occur during the month of April
The Day After

- Be careful and plan ahead!
- Be prepared! It will take longer to get to your destination
- slippery or snow-covered sidewalks
- buses might be late

- Sirens and trucks during the night
- Stay out of their way, they won't always wait for you
People VS Winter
Warmest Routes
maps.uottawa.ca
How to dress?
Where to buy boots

Things to consider

- Fur or felt-lined (insulated)
- Waterproof
- Thick rubber soles
- Grip
- Comfortable for walking

Cost: Approx. $70 - $300

A few good brands
Sorel-Kamik-Pajar-Merrell-Bogs
“Long Johns” and Thermals
=Long underwear worn underneath regular clothing

HAVE FUN IN THE SNOW FOR HOURS!

- Stylish!
- Should be tight but not restrictive
- Polyester blends, merino wool, silk
- Look for “midweight” or “heavyweight”

Cost: Approx. $15 - $20

More for merino wool & silk
Tuques, Gloves & Scarves

When buying hat/tuque
• Make sure ears are covered
• Material is soft, not itchy
• Avoid cotton & acrylic (not warm)
• Approx. $10-$30

Don’t let your fingers freeze!
• Mittens are warmer than gloves
• Waterproof material vs. knit
• Approx. $10-$30

A warm scarf is essential
• Helps protect from winds
• Can be used to cover face & head
• Approx. $10-$30
Winter Coats & Jackets

Consider something that is

• Puffy (real or synthetic down)
• Waterproof (or at least water resistant)
• High "down count" (e.g. 500-700)
• The higher the percentage of down – the warmer the jacket (80% is the best)
• Hood

CHECK

• Rating (how far below zero can it go)
• Length (to protect legs)
• Fit (leave room for layers)
• Adjustable cuffs. Comfort cuffs

• Cost: $150-$600 for a quality coat or jacket
Staying healthy in Winter
Seasonal Affective Disorder

• SAD (Seasonal Affective Disorder), also known as “winter blues” usually begins in the fall and is caused by lack of sunlight during the fall and winter months.

What SAD looks like:

• Feeling sad: bored or more irritable than usual
• Needing more sleep: Feeling tired and not having much energy
• Wanting to eat more: Cravings for carbohydrates like bread, pasta, sweets which may cause weight gain
• May want to avoid social situations: Losing interest or pleasure in activities
Ways to cope with S.A.D.

S.A.D. diet:
• Vitamin D: Salmon, egg yolks
• Omega-3: Sardines, flax seeds, canola oil
• SAD-friendly carbs: Lentils, popcorn, pretzel

EXERCISE:
• Regularly: 2.5 hours per week
• Outside: to get some natural light

S.A.D. LAMP - LIGHT THERAPY:
• Gives the brain the lights it needs during the winter to help improve your mood
• Sit near S.A.D. lamp for 15-30 minutes. You can get these lamps in Amazon for less than 30 dollars
• Book the Light Therapy Study Room alone or with your friends at the Wellness Lounge at uOttawa during winters
Frostbite

The first signs of freezing:

- The tingling and numbness of your fingers and toes;
- Having a burning sensation in your nose and ears.

Why does it happen?

- With cold weather, blood circulation slows down.
- You lose sensitivity, because your blood is not flowing as usual.
- When you go back inside, blood starts flowing normally again and this causes the redness.
Tips

• Dress for the activity. Find the right combination of layered clothing that suits you
• Check the weather forecast before heading out
• Always carry tissues with you and a lip balm
• Don’t forget to moisturize your skin
• Drink lots of water in order to keep hydrated
• If the air in your apartment is too dry, you can buy a humidifier
Fun side of winter in Canada
Winter at uOttawa
What to do in winter

• Lots of winter sports: skating, down-hill skiing, cross-country skiing, sliding, snowshoeing...

• And in Ottawa: Rideau Canal, Gatineau Park or any of the public parks or skating rinks in your neighborhood.

• You could rent or buy used equipment in order to try out these new activities!
Festivals!

- **Christmas Lights Across Canada**: Enjoy the lights of winter between December 8th 2021, and January 7th 2022. Hundreds of thousands of Christmas bulbs are alight, turning the Capital into a veritable winter wonderland. Stay tuned to their website.

- **Winterlude**: Celebrate the joys of winter with three fun-filled weeks (from February 4 to 21, 2022). Canada’s favourite winter activities are featured across Ottawa and Gatineau at this annual event. To get more information visit Winterlude’s website.
Thank You!