

**Welcome!**

# **How to survive winter in Canada**



# 7 Day Forecast



# 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

Wind factor									
Degree Calm	5-10 Km/h	10-15 Km/h	15-20 Km/h	20-25 Km/h	25-30 Km/h	30-35 Km/h	35-40 Km/h	40-45 Km/h	45-50 Km/h
0	-1	-2	-4	-7	-9	-11	-12	-13	-15
-5	-5	-8	-12	-15	-17	-18	-20	-21	-22
-10	-10	-15	-18	-20	-24	-25	-26	-29	-30
-15	-15	-20	-24	-26	-30	-32	-34	-35	-37



# 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



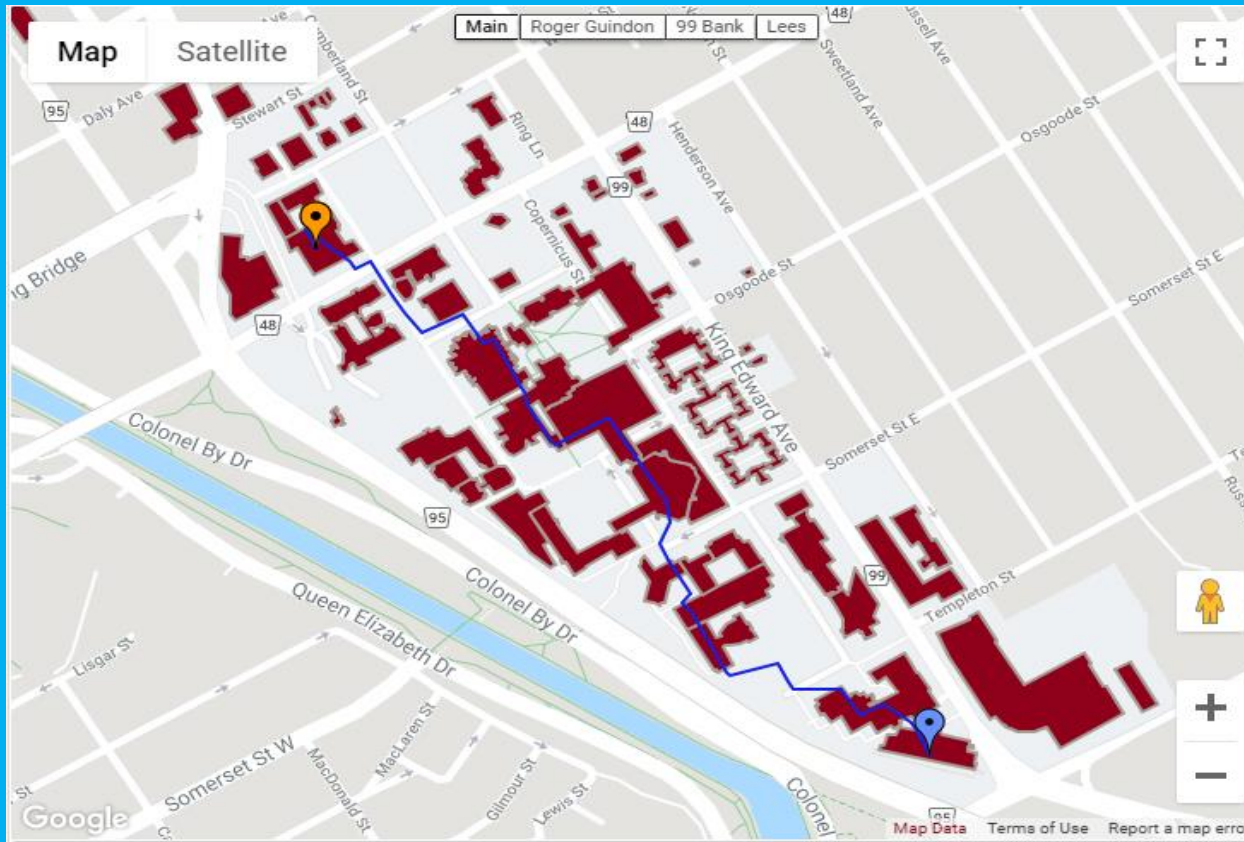
- Sirens and trucks during the night
- Stay out of their way, they won't always wait for you

# 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



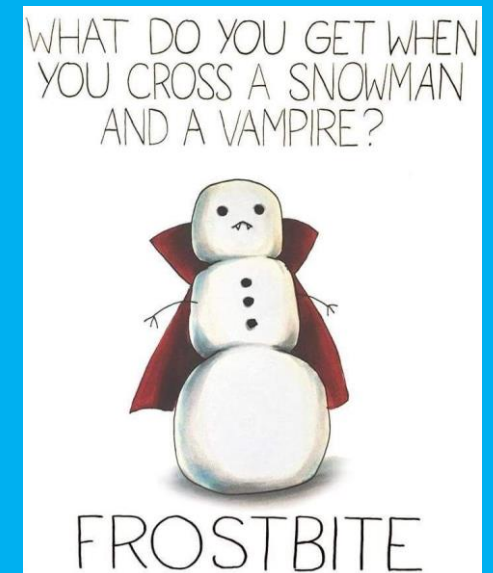
# Frostbite

## 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!**