



How to Beat Winter in New Haven

Winter in New Haven can be one of the most exciting times of your Yale career. However, it comes with a very specific set of challenges, especially if you come from a region not used to frigid weather. Acquiring the correct materials (i.e. a good winter coat, waterproof boots, scarves and mittens) could make a substantial difference in your winter experience. Don't forget that cold weather could come as soon as early November and may last until mid-April. The following is a set of recommendations for beating winter in New Haven, brought to you by the Community Initiative.

Common Tips:

1. Check your weather app for [Wind Chill](#).
 - a. Although it may be 45 degrees outside, 10mph wind chills can make it feel more like 35 degrees outside.
2. Learning how to layer clothing will be a great tool during Winter. Here are the three main “under-shell” layers to consider according to [Sierra.com](#):
 - a. Base Layer: worn directly against the skin, usually made of polyester, wool, silk, or other materials that wick moisture and dry quickly.
 - i. In more moderate weather, this base layer can be a regular T-shirt.
 - b. Mid Layer: typically includes a long-sleeved shirt or a thin sweater.
 - c. Insulating Layer: your primary source of warmth. In moderate weather this can be a fleece pullover, vest, or wool sweater.
 - i. During very cold weather, a down vest or insulated jacket should be used.
3. If you attempt to be active outdoors, make sure you focus on covering extremities and less on insulating your core.
 - a. Be sure your base layer is breathable and moisture-wicking in order to prevent overheating and excessive sweating.
4. Make sure to wear shoes with grip on the sole while it is raining or snowing to prevent slips.
 - a. Black ice, a thin coating of ice on a surface, can be visually transparent, making it practically invisible. Shoes with good grip can prevent slipping on black ice.
5. Visit one of the “How to Dress to Enjoy New England Weather” workshops hosted by L.L Bean from Oct 4th-6th.
 - a. Details and free registration at www.LLBean.com/newhaven.
6. If eligible, apply to the [Winter Clothing Grant](#) through [Safety Net](#) from Oct. 1st-Jan 31st.

What to buy:

1. Light Insulated Jacket (price on Sierra: [\\$49.99](#)).
 - a. This type of jacket is very effective during the middle of Fall with weather ranging from 40-60 degrees.
 - i. These jackets are not designed to withstand weather below 35 degrees.
 - ii. This is a very good mid layer during moderate climates.
 - b. A nylon lining allows excellent insulation alone or as part of a layering system.
 - c. Packs away neatly and is easily carried.



2. Waterproof, Insulated Jacket (price on Sierra: [\\$149.99](#))
 - a. A longer, thicker jacket is necessary to live in the snow. The thicker insulation will allow you to be war in colder weather (0-35 degrees) and it being waterproof allows you to walk around campus feeling dry.
 - i. A Durable Water Repellent (DWR) shell repels rain and stains.
 - b. Many students choose to layer carefully underneath to be as warm as possible.
 - i. This is a perfect insulating layer during very cold climates.



3. Waterproof Rain Boots (price on Amazon: [\\$25.99](#))
 - a. Rain boots will come in handy during those days of Fall with endless puddles.
 - i. Waterproof boots ensures your feet will stay warm and dry while walking around campus
 - b. Rain boots are not advised to wear while it is snowing.



4. Winter Snow Boots (price on Amazon: [\\$39.99](#))
 - a. Water Resistant boots allow you to keep your feet warm while promoting breathability.
 - b. A rubber sole give you a good grip on slippery floor conditions and uneven terrains.
 - c. It is recommended to order a half size up in order to wear thick socks.



5. Thermal Compression Long Sleeve Shirt (price on Amazon: [\\$10.98](#))
 - a. Thermal shirts are designed for warmth because of their Fleece lining.
 - i. They serve as the best base layer for layering clothes.
 - b. It is recommended that you purchase one size up.



6. Thermal Compression Tight Pants (price on Amazon: [\\$13.98](#))
 - a. Thermal pants are designed for warmth because of their Fleece lining.
 - i. These serve as a great base layer under jeans and/or other pants.
 - b. It is recommended that you purchase your usual leggings or sweatpants size.



7. Winter Gloves, Knit Hats, and Infinity Scarves (price on Amazon for the set: [\\$15.99](#))

- a. Touchscreen gloves will allow you to keep your hands warm while using your phone outdoors.
- b. A knit hat and an infinity scarf with a fuzzy lining will keep your head, neck, and ears warm while walking outside.
- c. During a blizzard, having all three will make the weather more bearable.



Average price for all seven items: \$306.91*

*If approved for the Winter Clothing Grant, the WCG will only cover up to \$250. Not all seven items need to be purchased at once and/or at all, these are rather recommendations.