

Enjoy winter!

In North Dakota it gets COLD—here are some tips to help you get through the Winter!

- ☼ Eat enough calories— soups, pasta and other warm food.
- ☼ Drink hot or warm drinks like tea and hot chocolate
- ☼ Carry snacks in case you need extra fuel
- ☼ Play outside with winter outdoor activities: learn to ski, go ice skating, ice fishing, snowboard, sledding, make a snowman/snow angels, sleigh rides, hockey games and shovel snow – shoveling is a fantastic way to warm up!
- ☼ Try some fun science experiments outside:
https://www.youtube.com/watch?v=4_1yHSzVsi0

Winter in North Dakota

		Temperature (°F)																	
		-45	-40	-35	-30	-25	-20	-15	-10	-5	0	5	10	15	20	25	30	35	40
Wind (mph)	60	-98	-91	-84	-76	-69	-62	-55	-48	-40	-33	-26	-19	-11	-4	3	10	17	25
	55	-97	-89	-82	-75	-68	-61	-54	-46	-39	-32	-25	-18	-11	-3	4	11	18	25
	50	-95	-88	-81	-74	-67	-60	-52	-45	-38	-31	-24	-17	-10	-3	4	12	19	26
	45	-93	-86	-79	-72	-65	-58	-51	-44	-37	-30	-23	-16	-9	-2	5	12	19	26
	40	-91	-84	-78	-71	-64	-57	-50	-43	-36	-29	-22	-15	-8	-1	6	13	20	27
	35	-89	-82	-76	-69	-62	-55	-48	-41	-34	-27	-21	-14	-7	0	7	14	21	28
	30	-87	-80	-73	-67	-60	-53	-46	-39	-33	-26	-19	-12	-5	1	8	15	22	28
	25	-84	-78	-71	-64	-58	-51	-44	-37	-31	-24	-17	-11	-4	3	9	16	23	29
	20	-81	-74	-69	-61	-55	-48	-42	-35	-29	-22	-15	-9	-2	4	11	17	24	30
	15	-77	-71	-64	-58	-51	-45	-39	-32	-26	-19	-13	-7	0	6	13	19	25	32
10	-72	-66	-59	-53	-47	-41	-35	-28	-22	-16	-10	-4	3	9	15	21	27	34	
5	-63	-57	-52	-46	-40	-34	-28	-22	-16	-11	-5	1	7	13	19	25	31	36	

Frostbite Times:		
5 Minutes	10 Minutes	30 Minutes



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Preparing for winter

- ☼ Check the weather forecast and dress appropriately for the day.
- ☼ Watch for weather alerts, NDSU may cancel classes if weather is not safe to be outside. NDSU will post on NDSU home web page closing announcements and will send phone alerts.
- ☼ Stay home if classes are cancelled, catch up on your homework, watch movies, or read a good book.
- ☼ Be prepared-
 - Purchase winter clothing and supplies before winter,
 - Have food on hand in case a storm comes and you can't go out.

Did you know temperatures as low as -60°F have occurred during North Dakota winters? The average temperature for winter is 12° F (-11° C). The average wind chill temperature is -30°F to -20°F.

Be Safe – Winter Cold can be dangerous!

- ☼ What is wind chill? Wind chill describes the rate of heat loss on the human body from low temperatures and wind speed.
- ☼ What is a **wind chill warning**? A wind chill warning is issued to warn of conditions that will cause frostbite on exposed skin.
- ☼ What is **frostbite**? An injury to the body caused by freezing body tissue. The most susceptible parts of the body are the extremities such as fingers, toes, ear lobes or the tip of the nose. Symptoms include a loss of feeling and a white or pale appearance in the extremity. Medical attention is needed immediately.
- ☼ What is **Hypothermia**? Abnormally low body temperature. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately.
- ☼ Falling on ice. Walk don't run. Wear appropriate boots/shoes, and learn how to walk on ice – do the North Dakota shuffle walk. https://www.youtube.com/watch?v=W0owgay_bQs
- ☼ What to do if you do fall on ice- move your legs and arms and hands to make sure you haven't broken a bone, get up slow. If you bump your head, watch for concussion. Report fall to a building supervisor so they can put salt on sidewalk to prevent more falls.

Where to get winter clothing

- ☼ For Free or low-cost winter coats- go to SAVERS, Goodwill, Boys Ranch, Thrift Stores, the Equity & Diversity Center.
- ☼ To Purchase new winter clothing:
 - West Acres Mall
 - Walmart or Target
 - Burlington Coat Factory
 - Scheels, Gander Mountain
 - Online Shopping

Did you know? In Fargo, it snows an average of 38 days a year, and the average snow amount is 50.1 inches or 127.3 centimeters.

How to dress for winter – layers

- ☼ Winter coat: Waterproof, breathable, sealed seams, moisture wicking, highest thermal insulation value (synthetic will retain heat when wet & easiest to clean), loose fitting so you can layer underneath, Coat lengths that cover your hips are warmer than those that stop at your waist.
- ☼ Leggings, long johns to wear under jeans or pants.
- ☼ T-shirt- and sweatshirt or turtleneck sweater
- ☼ Light socks and then wool stockings over
- ☼ Jeans
- ☼ Hat – winter aviator hat will be warmest. 40% of body heat can be lost from your head.
- ☼ Scarf or Face mask to cover your nose and face. Cover your mouth to protect your lungs
- ☼ Snowsuit/bib overalls
- ☼ Mittens (mittens are warmer than gloves)
- ☼ Boots with good traction, comfortable and light, enough room to wear 2 pair socks and plenty of insulation.
- ☼ Grips for shoes to walk on ice
- ☼ Eye protection such as sunglasses or goggles
- ☼ Foot and hand pocket warmers
- ☼ Warm pajamas and bedding to stay warm as you sleep.