Cold Weather Tips for Students from Warmer Climates!

January and February are usually the coldest months for us here in Virginia, so here are some tips on how to stay warm:

--Wear **layered clothing**, like long sleeved t-shirts under your sweaters/sweatshirts, and wear “long-johns” or tights (thin pants) under your jeans/slacks.

--**Mittens** are more effective than gloves that leave your fingers isolated. A hat and scarf will keep you warm as well!

--**Wool socks** and long “**knee highs**” (socks) will keep your feet and legs nice and warm. Wear warm insulated boots or snow shoes.

--**Longer, insulated coats** that cover your bottom are much warmer than shorter, lighter jackets.

--For those who have trouble keeping their hands and feet warm, you can buy “**hot pads/hand warmers**” in places like Wal-Mart & Target. The hot pads can usually be found in the sporting goods/hunting sections of the store (and sometimes near the check-out lines). The hot pads can be used in your gloves, boots, and pockets to help keep you warm. Once you open them, they will stay heated for about 6-8 hours. They cost about $1 - $2 and they are also GREAT for skiing!

--For those of you who get very cold at night while sleeping, you can buy a “**hot water bottle**”, which will keep you warm in bed! A hot water bottle can be filled with hot water that will stay warm for many hours.

--Keep your **blinds/curtains** open in the day time so the sun can heat your room, and keep them closed at night to keep the cold/wind/draft out.

--Use a **lip balm** to protect your lips from chapping and **hand/body lotions** to keep your skin moist in the dry heat. You can use a **vaporizer** at night to help reduce the dry winter air and sore throats that go along with it.

--Drink nice **warm drinks**, like tea, coffee and hot chocolate with marshmallows (an American favorite!). Hot “apple cider” is another American favorite this time of the year! It is a nice apple drink with a cinnamon flavor. Hot apple juice is good, too!

--A **temperature converter** can be found here for your convenience:
http://www.regent.edu/admin/stusrv/iss/currentstudents.cfm

--Visit the **Student Health Center** if you are not feeling well:
(757-352-4953) / http://www.regent.edu/admin/stusrv/health_center.cfm

*Embrace the short winter season & have fun!!*

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