

TRAVELING TO A COLD WEATHER STATE?

Whether it's your first time or you grew up in a cold weather state, it's always important to be prepared for the weather.

We'll walk you through some of the must-knows for thriving in your first or 50th winter.

MAKING THE MOST OUT OF THE COLD

If you're ready to make the most of winter or just want to try something new, cold-weather states have plenty to offer. With breathtaking snowy landscapes, exciting outdoor adventures, and unique experiences that vary from state to state, these destinations might just surprise you with how much fun they can be!



We asked our team their favorite ways to embrace winter.

Outdoor Recreation:

- Snowshoeing
- Skiing or snowboarding
- Ice fishing
- Northern lights viewing
- Winter wildlife watching

Cozying Up Inside:

- Exploring local museums
- Local events
- Hot springs & spas
- Game night with friends

MUST-HAVE GEAR



WARM
COAT



GLOVES



ICE
SCRAPER



HAT

CAR SAFETY KIT



ICE
SCRAPER



BLANKET



SPARE
CLOTHING



JUMPER
CABLES



SHOVEL



FIRST
AID KIT

CAR FAQ

KEEP AN EMERGENCY KIT

Keeping blankets, a flashlight, jumper cables, extra clothing, and snacks in your car can be lifesaving in a breakdown.

BRAKING BASICS

Braking takes longer on ice & snow - avoid sudden braking, keep a good distance from other cars, and if you start sliding, pump the brakes - don't hold them.

WINDSHIELD BASICS

Keep your windshield washer fluid topped off with an anti-freeze formula, and don't be fooled by online videos—pouring hot water on your windshield can cause it to crack.

TIRE PRESSURE DROPS IN THE COLD

Don't worry you don't have a hole in your tire, for every 10°F drop in temperature, tire pressure decreases by about 1 PS

ROAD SALT CAN CAUSE RUST

To prevent rust from road salt, wash your car regularly in winter—but avoid washing it when temperatures are below 32°F to prevent freezing.

HOME & HEALTH FAQ

PIPES CAN FREEZE

Water pipes are at risk of freezing and bursting if not properly insulated. Many landlords will encourage you to leave faucets dripping to prevent this.

POWER OUTAGES

It's not common, but outages can happen - keep an emergency kit with blankets, flashlights, non-perishable food, & more on hand.

DRY SKIN? THESE ARE THE SOLUTIONS

Humidifiers, coconut oil, lukewarm showers, and fragrance-free moisturizers are your new best friends.

YOU CAN STILL EXERCISE OUTSIDE

Dress in layers, stay hydrated, and avoid extreme temperatures.

YOUR WALKS JUST GOT BETTER

Walking in the cold can boost your metabolism, improve circulation, strengthen your immune system, and enhance your mood by increasing endorphin levels.

VITAMIN D

Adding egg yolks, red meat, oily fish, mushrooms, and vitamin D supplements to your winter diet can help compensate for reduced sunlight exposure.

OTHER FAQ

KEEP YOUR PET'S PAWS SAFE

Salt and other winter conditions can damage your pet's paws, so consider getting them protective shoes or closely monitoring their paws during walks.

BLACK ICE

just because you can't see the ice, doesn't mean it's not there. Drive and exercise with caution when temperatures are low.

DON'T BE AFRAID TO ASK FOR HELP

Moving to a new climate can be intimidating - the best advice we can give is to ask for help when you need it

IS THE COLD FOR ME?

It definitely can be! We suggest putting in some research or talking it through with your recruiter before making any final decisions.



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