

Wintercity YXE

How to Dress for Winter

The weather in Saskatoon can surprise you, so it's best to check the daily and long-term weather forecast often. During the winter, dressing in layers is a good idea (remember you can always take a layer off if you are too warm). Everyone's cold tolerance is different, so do what's best for you. If you are dressed appropriately, being active outside in the winter can be lots of fun.

The Essentials

Here are some essentials for dressing for the winter weather:



Avoid Cotton

Cotton absorbs moisture and can make you colder once you start sweating. Wool and other synthetic material blends are good for winter. Wool fibers collect warm air that help to insulate you from the cold, and wool keeps its insulating properties even when wet.

Windproof and Waterproof Gear

Saskatoon can be windy, therefore wearing outerwear that is windproof is recommended. Waterproof boots, mitts and snow pants are also recommended, especially when shoveling or playing in the snow. You get colder faster if you are wet or damp. Waterproof gear is great because it keeps you dry and protects your skin from frostbite. You can check the temperature ratings for winter gear as well, anything with -30 or -40 degrees Celsius is a good choice for life in Saskatoon. Remember, walking and physical activity keep you warm. If you are standing still, like waiting for a bus, your feet and body will get cold faster even if you have the most expensive clothing.



Active Gear

There is specialized winter clothing for all the different activities you can do in winter. It is possible to walk, exercise, play sports, and shovel snow comfortably in the winter. To give you an idea, a local runner shares what he wears to stay warm when running in -30 degrees Celsius temperatures in the [How to Dress for Winter with The SaskHiker](https://tourismsaskatchewan.com/blog/2020/03/10/how-to-dress-for-winter-with-the-saskhiker) blog post available at tourismsaskatchewan.com/blog/2020/03/10/how-to-dress-for-winter-with-the-saskhiker.



Donate Un-used Clothing

If you have winter clothing and/or outdoor gear that you're no longer using, you can donate the items so someone else can use them. Organizations like the Saskatoon Food Bank or Friendship Inn will give these items to adults and children in need.