

Winter Walking 101:

Tips and Benefits of Walking in Winter

Cold and snowy weather does not need to slow down your students or kids from walking in the winter. Follow these helpful tips to learn how to encourage students to continue walking to school all winter long, and learn about the many benefits!

Tips for Winter Walking

Check the Forecast

If it's too cold, don't push it. Walk on days with reasonable temperatures. Avoid walking on subzero temperature days, very snowy days, or very windy days, when heavy winds can cause windburn or frostbite. On those days, take the bus or carpool with a classmate!



Keep Your Toes Warm

Toes are often one of first parts of your body to get cold, so remember to wear warm wool socks during the winter time and sturdy winter boots to keep your toes and feet warm and dry and provide traction.



Take Your Time

Give yourself plenty of time to get to school so that you can enjoy your walk. Walking at a slower pace in the winter is also safer because you are less likely to slip on an icy sidewalk.



Dress in Layers

Dressing in several layers is effective in helping you regulate your body's temperature. It is easy to take off a layer and put it in your backpack if you get too warm. If it's really cold, a scarf or balaclava will help block the wind from your face and prevent frostbite.



Wear Hats and Mittens

Don't ever leave your home without a warm hat and pair of mittens. Mittens are warmer than gloves because they trap body heat by keeping your fingers together and provide fewer places for heat to escape.



Stay Hydrated

Just because it's not warm outside doesn't mean you shouldn't stay hydrated. Be sure to drink plenty of water before and after your walk to school!



Benefits of Winter Walking

Exercise: Walking is good exercise and is healthy for your body!

Time with Friends: Walk to school with your friends, and have fun!

Fun & Fresh Air: It's fun to be outside! Walking to school gives you fresh air and more time outside.

Freedom: Walking or biking to school gives kids time to themselves or with their friends.

Ready to Learn: Studies have shown that students who walk or bike to school arrive to school more ready to learn than their peers.