



WINTER WALKING GUIDE



GET THE GEAR

- It's good to start out a little chilly so you don't overheat, but remember to wear waterproof, breathable layers, a hat and gloves, and apply sunscreen
- Flat-soled shoes made of rubber or neoprene will provide the best traction
- A removable ice cleat or abrasive sole will give you extra traction on snow and ice

USE WALKWAYS

- The sidewalk is safer than the street
- Check out the conditions on your path
- If the sidewalk is too icy, walk along the grassy edge where there is more traction

WALK LIKE A PENGUIN

- Angle your toes outward, take short steps and shuffle along for stability
- Bending slightly forward will keep your center of gravity over your feet
- Keep your hands out of your pockets for balance
- In the event that you do fall, avoid using your arms to brace yourself and bend your back and head forward to avoid hitting your head

BUILDINGS AND STAIRS

- Keep your hands out of your pockets and use doors or handrails for support
- Remove cleats or crampons and dry the soles of your shoes