How to: Stay Warm and Stylish in Canada by Ira Famarin

The thing about Canadian winter is that, it only gets colder from this. If this is your first winter or the third, every winter may seem and feel like the first time (at least for me). Being from a tropical country, I never knew how to ‘fashion’ or keep warm in the winter. Yet, after four years in Canada, I think I learned some tricks here and there. I’ve found that sticking to your own style and dressing comfortably have made me feel confident and present. Winter can be a gloomy season, sometimes you just have to find an outlet to make you feel joyful.

Here’s some advice that I’ve found to be helpful yet also practical. You may recreate the ideas from your own wardrobe or find them in thrift stores! I’ve always believed that fashion should not be expensive and should be something sustainable.

1. **Switch from coats to puffer jackets every now and then.**

I know I’ve mentioned the bitterly cold winter in Canada. Yet, while there are days when it is extremely cold, some other days are slightly less cold than others. I would say wear the puffer jacket on those unbearably cold days and then switch to those fancy coats when its slightly warmer outside. Of course, given the fact that you are wearing warmers when you wear your coats! Another tip is investing on a good puffer jacket that is of quality. TNA, North Face, Columbia are reputable brands for the Canadian winter.
2. **Get that Turtleneck top.**

Turtlenecks are such blessing because it is a versatile piece that you can pair with your jeans, skirts and even a suit. You may experiment with them and you would soon realize that you can use it for casual and smart-casual days!

3. **Protect your head with a beanie.**

In terms of accessories, buying a scarf and a beanie are the most helpful way to survive the biting cold wind. I remember my friend telling me that it is not the snow that is bitterly cold, it is THAT wind. Scarves and beanies will keep you safe from the cold.

4. **Waterproof winter boots.**

If you don’t know it yet, the snow on the ground can make your toes feel chilly. Get a pair of boots that has inner fur lining to keep your toes warm and toasty. Not forgetting, a thick pair of socks to avoid the frost bite.
5. **Keep warm in your mittens or gloves.**

It's important to buy a pair of mittens/gloves to keep your hands warm and cozy before they turn into icicles in the cold. Exposing your hands to the cold weather can make them dry and rough. That's why apart from buying mittens and gloves, carrying a hand lotion would be handy in the winter as well!

![Image of someone wearing mittens and a cardigan](image)

Whatever you choose to wear, just make sure that you are comfortable and warm. The temperature in Canada fluctuates a lot. Bringing an extra cardigan or sweater will save you from the low temperatures.

But in general, remember to have fun styling and enjoy the winter!