

A student's journey
is never easy...

Dressing Warmly and Sustainably in the Winter

Layering
clothes to
survive a
Kamloops
winter



Sustainability
Office

Inside to Outside

Wearing the right layers will help you stay warm and perform your best in any environment.

Base



This layer absorbs moisture away from your body, allowing you to retain heat. “Thermal” is a keyword to look for. Wool is the best sustainable and moisture-wicking natural fabric.

Tip: For sensitive skin or tactile hypersensitivity, try merino or alpaca wool—it’s softer!

Middle



This layer provides insulation to keep your warmth with you. Thicker fabrics are recommended. Wool sweaters or down jackets are good choices.

Tip: For certified sustainable down products, check with responsibledown.org

Outer



This layer protects you from the weather, rain or wind. Look for “waterproof” or “weather resistant” keywords. If breathability is your priority, look for softshell jackets instead.

Tip: Check that the brand is “PFA free.” PFAs are harmful to the environment—and you!

Top to Bottom

Lose less body heat and stay warm all season long by incorporating these fashionable winter favourites into your campus apparel.



Toques

Keep your ears warm with this classic Canadian accessory!



Scarves

Keep the wind and snow out of your jacket!

Tip: Big fluffy scarves can also double as pillows or blankets for naps in-between classes!



Gloves or Mittens

Outlast all your friends in a snowball fight when you protect your hands with gloves or mittens.



Socks

Warm, plushy socks.
Need we say more?



Winter Boots

Tall, waterproof, slip-resistant—the three essentials for keeping your feet dry, warm, and on the ground.

Dressing Sustainably

Fight against Fast Fashion! Avoid cheap clothing that falls apart quickly and invest in clothing that will last! Learn more about the impact of fast fashion:



Things to keep in mind:

Buy Natural Fabrics: Benefits of natural fabrics like wool, cotton, bamboo, hemp, linen, or silk:

- Bio-degradable or recyclable
- Breathable and heat retentive
- Moisture-wicking and hypoallergenic
- Antibacterial, antifungal, and UV resistant

Tip: Ditch the dye! Some dyeing processes require chemicals that are harmful to the environment, so look for clothing with natural colours.

Think vintage: Find great deals at second hand and consignment shops.

Give your clothes a second life: Mend your clothes, shoes and apparel by taking them to a tailor or cobbler or attending a Repair Café workshop. Look for opportunities to donate gently used clothes. When clothes are no longer wearable or repairable, recycle them or repurpose them as rags for cleaning.

How to Dress for Canadian Winters:



Earth-Friendly Fashion Guide:



Explore some of the things you can do to make your life, and TRU, more sustainable:



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