

A GUIDE TO SURVIVING AND THRIVING IN MADISON'S Outer



FUN WINTER ACTIVITIES

Sledding

Giddings Park

429 Castle Pl Madison, WI 53703

Olbrich Sledding Hill

3201-3299 Oakridge Ave Madison, WI 53704

Ice Skating

UW-Madison: The Shell (paid)

Tenney Park Rink 402 Thornton Ave Madison, WI 53703 (free)

equipment rentals available at both locations



FUN WINTER ACTIVITIES

Winter Carnival

The Wisconsin Union's Winter Carnival is a longstanding tradition.

Last winter, activities included: ice fishing, ice climbing to snowshoeing, minigolfing, movies, art projects, live music, and more



Other Activities

UW-Madison: Wisconsin Hoofers

Skiing and snowboarding: local trips, join club teams

UW-Madison: Outdoor UW

Memorial Union equipment rental (snowshoes, ice skates)

Indoor bowling
Snowmobile riding

HEALTH TIPS







- Be connected with people / friends to combat isolation
- Consider sun lamps in your room or living area to help with shorter daylight hours
- Some people find increasing their Vitamin D (through supplements or food sources) helpful due to the reduced exposure to sunlight
- Use lip balm or Chapstick for your lips
- Invest in a good moisturizer (water-based or oil) for your skin
- Be in contact with your physician or with University Health Services (UHS)







Advice from Maxwell and Jeeva

