

Winter in the UK

Of course, weather conditions in the winter will depend on where in England you're living. Temperatures typically range from -1C and 10C. December to February are the coldest months, with the average temperature around 3C.

Winter clothing tick list ✓

- Warm and waterproof coat ✓
- Hat ✓
- Scarf ✓
- Gloves ✓
- Several Jumpers ✓
- Several pairs of trousers ✓
- Warm pyjamas ✓
- Vests/T-shirts ✓

Top Tips!

Invest in a **good winter coat** – something warm and waterproof, ideally **with a hood**

Dress appropriately for cold weather, even indoors

Drink **hot drinks** regularly. Use a **reusable cup** and take hot drinks with you when you go **outside**.

There is a lot of rain in the UK so **keep an umbrella** with you.

Save Energy and the Planet

1. **Switch off lights** when you leave a room
2. Put on a **jumper and thick socks/ dressing gown and slippers** to keep warm.
3. **Close the door** behind you when you enter a room.
4. Switch off TVs, devices and computers **when not in use**.
5. Take **shorter showers**.
6. Only do washing with a **full load of laundry**.
7. **Don't open windows** but do still take walks outside for fresh air and sunlight.