AFL-CIO
MINNESOTA'S UNIONS

STAYING WARM & SAFE AT ICE OUT OF MN RALLY

–20°F Wind Chill

Extreme cold is dangerous—especially when standing still for long periods. Please plan ahead and take care of yourself and each other.

DRESS FOR STANDING STILL

Layer up

- **Base layer:** Thermal (wool or synthetic). No cotton.
- **Mid layer:** Fleece or wool (two thin layers are better than one bulky one).
- **Outer layer:** Insulated, windproof, waterproof coat that covers hips or thighs.

Tip: If you feel "comfortable" when you leave home, you're underdressed.

PROTECT HANDS, FEET, FACE & HEAD

These areas are most at risk for frostbite.

- **Hands:** Mittens + liners if possible; bring hand warmers.
- **Feet:** Insulated, waterproof boots; wool socks (not tight).
- **Head & face:** Warm hat covering ears; scarf, gaiter, or balaclava.
- Cover all exposed skin—wind chill causes frostbite quickly.

REDUCE WIND & HEAT LOSS

- Stand near buildings, vehicles, or barriers when possible.
- Keep coats zipped and gaps sealed (neck, cuffs, waist).
- Stand on cardboard, foam, or mats—not bare ground.
- Keep phones and batteries inside your coat.

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KEEP MOVING (GENTLY)

- Shift weight, march in place, swing arms.
- Avoid sweating—open layers briefly if needed, then close them again.

EAT, DRINK & WARM UP

- Eat before and during the rally (high-calorie snacks help).
- Drink water, even if you don't feel thirsty.
- Take warm-up breaks in heated spaces or vehicles when available.

KNOW THE WARNING SIGNS

Frostbite: Numbness, tingling, pale or waxy skin
➔ Get warm immediately.

Hypothermia: Uncontrolled shivering, confusion, slurred speech
➔ Seek help right away.

Look out for one another. If someone seems "off," check in. **Seek out a medic in the crowd.**

IMPORTANT REMINDERS

- Bring extra gloves, hats, or hand warmers if you can.
- **It is okay to leave early.** Staying safe is an act of solidarity.
