



#EverydayEB Peer-to-Peer Tips: Winter Wellness

Materials/Clothing

Tips
Fuzzy socks
Oversized hoodies and sweaters
Lambswool (Contributor EB Type: Simplex)
Fleece (Contributor EB Type: RDEB)
100% Cotton (Contributor EB Type: Simplex)
Wool (Contributor EB Type: RDEB)

Products

Tips
“Ecco Track 25 M - Gore-Tex is a breathable material that keeps my feet dry in all weather. The leather finish makes the shoes a good fit on my feet after they have been worn in (which takes ~1 week of light walking).” (Contributor EB Type: Simplex)
Heated Pads (Contributor EB Type: RDEB and Simplex)
Aquaphor (Contributor EB Type: Simplex)
Under Armour Cold Gear (Contributor EB Type: Simplex)
Heated Blanket

Strategies

Tips
“Drink hot cocoa”
“Stay hydrated”
“Get a pair of shoes that keeps your feet warm, but not too warm.” (Contributor EB Type: Simplex)
“High quality winter gloves will keep blisters away if you have to shovel snow manually.” (Contributor EB Type: Simplex)
“Keep Moving”



“Soft but warm clothes; extra soft blankets.” (Contributor EB Type: RDEB)
“To help shield the cold and from drying out the skin, lubricating open areas, such as face, hands, etc.” (Contributor EB Type: Simplex)
“Avoiding getting cold is 100 times easier than trying to relieve the cold.” (Contributor EB Type: RDEB)
“Use soft gloves and hood instead of a hat.” (Contributor EB Type: RDEB)
“I wear sandals all winter.” (Contributor EB Type: Simplex)
“For our baby who is very young susceptible to the cold temperature, we just keep him indoors.” (Contributor EB Type: Simplex)
“Hands and feet warmers are essential!” (Contributor EB Type: RDEB)

