



**Newcomer Navigator NL** is a practical, easy-to-use platform designed to support newcomers as they settle in Newfoundland and Labrador. This document offers step-by-step guidance, essential local information, and helpful tools to make your transition smoother and better informed, and helpful tools to make your transition smoother and more informed.

It was created by **Collective Interchange** and funded by the **Office of Immigration and Multiculturalism of Newfoundland and Labrador**. Visit: [www.newcomernavigatornl.ca](http://www.newcomernavigatornl.ca)



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## Guide on how to dress when you come to live in Newfoundland and Labrador

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The province of Newfoundland and Labrador, located in Atlantic Canada, experiences all four seasons of the year: spring, summer, autumn and winter, each with its own temperature range and characteristics. Winter is the season that most impacts newcomers, as many are not used to temperatures below 0°C, cold winds that make it feel even colder, and shorter days, with dusk around 4:30 p.m. in mid-December.

Here are some recommendations to help you prepare for each season and enjoy them fully, as long as you have the right clothing and understand the seasonal changes:

### 1. Spring (March to May)

**Weather:** Spring begins cold as winter ends and can be unpredictable, with temperatures ranging from 0°C to 10°C that gradually rise throughout the season.

**Features:** Melting snow causes puddles and slippery roads. Vegetation begins to sprout, and days gradually become longer.

#### How to dress:

- **Outer layer:** Light or waterproof jacket for occasional rains.
- **Intermediate clothing:** Wool sweaters or jackets for the variable cold.



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- **Base clothing:** T-shirts and long-sleeved shirts.
- **Pants:** Jeans or comfortable pants.
- **Footwear:** Waterproof shoes or light boots.
- **Accessories:** Lightweight scarf and gloves.

## 2. Summer (June to August)

**Weather:** Summers are cool and pleasant, with temperatures ranging from 10°C to 20°C and occasionally a bit warmer. Temperatures rarely exceed 25°C.

**Features:** The days are long and sunny, although rain is common. It is the driest season, with temperatures suitable for outdoor activities. The vegetation is in full growth and the fauna is very active.

**How to dress:**

- **Outer layer:** Light or waterproof jacket for possible rain.
- **Intermediate clothing:** Sweaters or light jackets for cool nights.
- **Base clothing:** T-shirts, shirts, dresses, and shorts.
- **Pants:** Jeans, light pants.
- **Footwear:** Sandals or comfortable shoes.
- **Accessories:** Sunglasses, sunscreen and hat.

## 3. Autumn (September to November)

**Weather:** Winters are cold and windy, with temperatures typically ranging from -5°C to -25°C. However, in some areas like Labrador, temperatures can drop dramatically, reaching below -40°C on the coldest days.

**Features:** The leaves change color, offering spectacular landscapes of red, yellow and orange tones. Leaves begin to fall from the trees. Rainfall is frequent, and the weather can be variable, with sunny days interspersed with thunderstorms.

**How to dress:**

- **Outer layer:** Waterproof jacket or coat.
- **Intermediate clothing:** Sweaters, warm jackets.
- **Base clothing:** T-shirts and long-sleeved shirts.
- **Pants:** Jeans or warm pants.
- **Footwear:** Boots or shoes that are water-resistant.



- **Accessories:** Scarves, gloves and hats.

## 4. Winter (December to February)

**Weather:** Winters are cold and windy, with temperatures typically ranging from  $-5^{\circ}\text{C}$  to  $-25^{\circ}\text{C}$ . However, in some areas like Labrador, temperatures can drop dramatically, reaching below  $-40^{\circ}\text{C}$  on the coldest days.

**Features:** The region experiences frequent snowfall, transforming the landscape into a winter white blanket. Days are short, and snow accumulation can be significant, impacting traffic and daily activities. Wind is a key factor, as it can greatly intensify the feeling of cold, making already low temperatures feel even colder.

### How to dress:

- **Outer layer:** A padded, waterproof, and wind-resistant coat designed for temperatures below  $-20^{\circ}\text{C}$ . For Labrador, consider one rated for much colder conditions.
- **Mid layer:** Thick wool sweaters, fleece, or thermal materials that provide good insulation.
- **Base layer:** Thermal shirts and underwear that retain body heat and keep skin dry by wicking away moisture.
- **Pants:** Thermal or wool pants. If you'll be outdoors in the snow, waterproof snow pants (ski or snowboard style) are recommended.
- **Footwear:** Waterproof snow boots that are well insulated and have non-slip soles, rated for below  $-20^{\circ}\text{C}$ . For Labrador, look for boots rated for even more extreme cold.
- **Accessories:** A hat that covers your ears, a scarf or neck warmer, sunglasses (snow reflects a lot of light), gloves or mittens (mittens are usually warmer), and thermal wool or synthetic socks.

**We hope this information helps you as you settle in Newfoundland and Labrador!**