

# redbook

January 7, 2014

## 10 Extreme—But Useful!—Ways to Stay Warm When It's Cold as [Expletive] Outside



*We feel you, Jon Snow.*

The majority of the U.S. is currently experiencing a weather phenomenon we like to call "Reasons 1-394 Why Humans Should Hibernate Like Bears," or—in lay/weathermen's terms: *extremely* cold temperatures. Since holing up in a nice, warm den and sleeping 'til spring is sadly not an option for most of us, we've developed some rather interesting ways to cope with the cold. Here are some real tactics REDBOOK editors employ to stay warm when the mercury not only drops... it's just plain nonexistent.



There's a time and a place to wear the leather pumps in the shoe pile under your desk, and neither of those are today. Sure, you're reinforced-toeing the line of office-appropriate footwear, but you know what? The storm is named Hercules, so you can just say your boots are an homage to classical Greek style. Pictured: Bungee boots in goseberry, \$159.95; [aetrex.com](http://aetrex.com).



Weddings and when you have to concentrate are probably the top two times you don't want to have cold feet. REDBOOK's Senior Fashion Editor Cris Pearlstein copes with a heavy-duty pair of fleece socks. "My in-laws' house is always cold, so when I go there I bring them in my bag and put them on over my regular socks when we're just hanging out in the living room. I wish I could bring them to work and wear them around the office, but sadly they're too thick to actually wear with shoes." Pictured: Fleece socks, \$15.95; [lbean.com](http://lbean.com).



Not only will those heat wraps, which you can find at any drugstore, provide some much-needed warmth in a freezing office, they'll also combat any muscle soreness brought on by your New Year's resolution [workouts](#). Pictured: ThermaCare HeatWraps, \$12.99; [amazon.com](#).

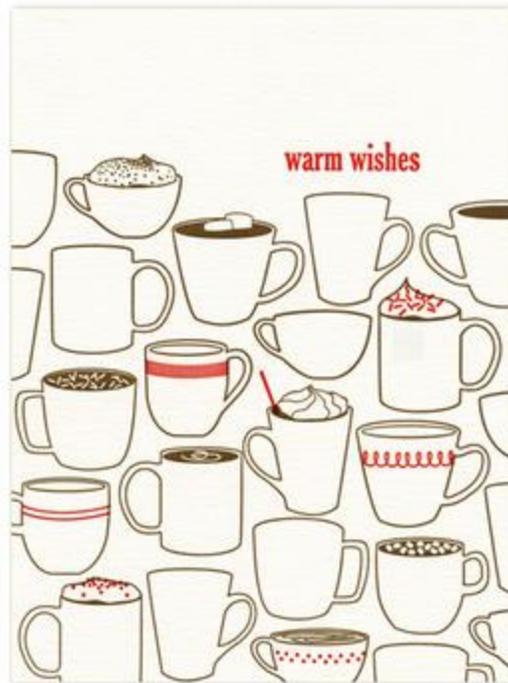


"My husband has been known to wear my mother's old ski thermal as a first layer when it's especially cold," says Senior Research Editor Lauren Oster. "Also, we both added a shot of whiskey to the to-go lattes we picked up on the way to a museum this weekend, and while that's not a socially-acceptable

Monday beverage, it sure sounds nice." Consider our post-work agenda amended. Pictured: Emblem base layer thermal top, \$25; [eternalsnow.com](https://eternalsnow.com).



Growing up, my parents kept the house so cold that I'd wear a Turtle Fur neck warmer on my head so it resembled a [Strega Nona](https://streganona.com)-style babushka. I may or may not have carried this habit into adulthood. Pictured: Double-layer neck warmer, \$11.99; [amazon.com](https://amazon.com).



Senior Writer Kate Sullivan tackles cold from the inside out. "I drink hot water. I'm a big-time Earl Grey tea drinker, but I try not to over-caffeinate just for the sake of a warm beverage, so that means mixing in cups of peppermint tea and just plain hot water to stave off the chill."



Problem: Your fingers are frozen, but you need to type. Solution: Super-adorable, chunky-knit arm warmers or fingerless gloves. Pictured: Crochet arm warmers, \$28; [etsy.com](https://www.etsy.com).



Ask anyone who's ever worn a Snuggie how it felt, and they will begrudgingly admit it's *amazing*. Sure, you'll look like you joined a cult (and this woman really, really does), but it's such a warm and cozy one. Pictured: Snuggie fleece blanket, \$14.99; [mysnuggiestore.com](https://www.mysnuggiestore.com).



A few years ago, I snagged a pair of men's polar fleece pants at a camping store's winter clearance sale.

When it's truly freezing, I wear them on top of an old pair of sweater-tights from my ballerina days. For work, you can wear the sweater-tights over regular ones, which solves the whole "how do I wear knitwear on my legs without going full-on, leg-warmer-wearing hipster?" conundrum. Pictured: White Sierra microfleece pants, \$19.98; [campmor.com](http://campmor.com); mock rib stretch cotton tights with folder waist, \$62; [kddance.com](http://kddance.com).



After carefully checking your company's HR policy, consider implementing "Coworker Spooning Hour." (REDBOOK is not responsible for anyone who takes this suggestion seriously.)

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