

Thrift & Re-Use Shops

Here are some thrift shops where you can find gently used winter clothing & outdoor gear in Middlebury and the Burlington area. Verify options online as hours are subject to change.

- **Buy Again Alley**—60 Main Street; 802-989-9458; [Facebook page](#)
- **H.O.P.E. Resale Store**—Located in the green warehouse behind the Craven office building at 334 Boardman Street, past Hannaford’s shopping center; 802-388-3608; <https://www.hope-vt.org/resale-store>
- **Neat Repeats Resale Shop**—1428 US-7, Middlebury South Plaza, cash or check only; 802-388-4488; [Facebook page](#)
- **Round Robin Upscale Resale Shop**—211 Maple Street, #28, next to American Flatbread Pizza in the Marble Works; 802-388-6396; [Facebook page](#)
- **Goodwill of South Burlington**—1080 Shelburne Road, Route 7 North, South Burlington; 802-658-5359; <https://www.yelp.com/biz/goodwill-store-south-burlington>
- **Outdoor Gear Exchange**—37 Church Street, Burlington; gently used clothing, shoes, and outdoor gear are on the lower level of the store; 888-547-4327; <https://www.gearx.com/>

Other sources for new clothing and outdoor gear at the College and in downtown Middlebury and Burlington...

- **TJ Maxx**—260 Court Street, Hannaford Plaza, Route 7 South; new clothing, shoes, accessories, outdoor gear, household, and toiletry items; 802-388-3021; <https://tjmaxx.tjx.com/store/stores/Middlebury-VT-05753/93/aboutstore>
- **Middlebury Agway Farm and Garden**—338 Exchange Street; a great place for basic clothing layers, hats, gloves, and winter boots; 802-388-4937; <https://middleburyagway.com/>
- **Middlebury Mountaineer**—56 Main Street; 802-388-7245; <https://www.middleburymountaineer.com/>
- **Outdoor Gear Exchange**—37 Church St, Burlington; new clothing and gear is on the main level of the store; 888-547-4327; <https://www.gearx.com/>

Helpful items for winter:

Gaiters—to prevent snow from getting in your boots

Traction cleats for shoes—attach to soles of shoes to prevent slippage and help you get a grip on the ice & snow

Hand/Foot warmers—“HotHands” are sold at Kinney, Walgreens & Hannaford; “Yaktrax Hand Warmers” are sold at the Outdoor Gear Exchange in Burlington; “HotSnapZ” (re-usable) can be purchased at hotsnapz.com or amazon.com.



HOW TO THRIVE IN WINTER!

1. Find something to enjoy about winter.

Try winter sports or relax with indoor games.

Use winter as a time of reflection.

Appreciate the feeling of getting warm after being out in the cold.

Get cozy and drink some warm tea or hot chocolate.

Notice the beauty of nature – snow, starry nights.

2. Stay active!

Walk

Exercise.

Join on-campus groups and activities.

Get off campus, even for short periods of time.

Try something new.

Spend time outside – natural light helps combat depression.

3. Stay Healthy!

Avoid consuming too much coffee/caffeine

Eat regular nutritious meals

Avoid foods high in sugar and salt

Drink warm tea

4. Stay connected with others!

Friends and family

Spiritual/religious practice

Support systems on campus



Remember – Winter in Vermont is part of your cross-cultural experience. The strategies above can help you make the most of the cold weather months.

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