

NEWCOMER'S ORIENTATION CHECKLIST

New here? Welcome! Here are our top tips for getting acclimated and living your best Vermont life.

GET CONNECTED	<p>Introduce yourself to your town clerk and librarian Ask what the big local events are (annual festival, bingo night, pancake breakfast, etc).</p>	<p>Go to a local event Bonus: Introduce yourself to 3 people (all you have to say is, "Hi, I'm _____. I just moved to the area.").</p>	<p>Introduce yourself to your neighbors It's ok, just walk up to their door. They'll be a vital source of information!</p>	<p>Volunteer for something Try GreenUp Day (in May) or a local festival or community dinner.</p>	<p>Get a good mobile carrier You'll want one that uses AT&T or Verizon networks and also allows for wifi calling.</p>
STAY INFORMED	<p>Sign up for the town newsletter Sometimes there are two – an email for municipal things, and often a print newsletter for the wider community.</p>	<p>Join at least 2 community email lists Library, downtown org, community center, historical society ...</p>	<p>Join Front Porch Forum and the town Facebook group</p>	<p>Subscribe to regional news sources such as the Brattleboro Reformer, Vermont Commons, VT Digger.</p>	<p>Ask in person or an online forum about activities What's a good event for kids? or, Where can I join a rec soccer team?</p>
STAY WARM	<p>In early fall, get your heating system ready to go Chimney cleaned, furnace checked, wood purchased, etc.</p>	<p>Purchase snow tires Mount once temps are consistently in the 40s – leave on through mud season.</p>	<p>Get warm clothes, boots & Yaktrax Clothes includes waterproof gloves, wool socks, a hat that covers your ears and a coat that covers your rear, and snow pants.</p>	<p>Prepare to remove snow & ice Car: Ice scraper and snow broom; fill up washer fluid. Home: snow shovel; bucket of sand; snow blower optional.</p>	<p>Winterize your home Ask for recs on what to do at the local hardware store if you're new to cold climates.</p>
STAY HEALTHY	<p>Learn about emergency services Find a list of who to call for what, and see if you can "join" the local rescue squad – essentially ambulance insurance (for real - you'll save \$1,000s).</p>	<p>Find a doctor Schedule a physical ASAP so you're an established patient if you need something.</p>	<p>Schedule checkups with other health professionals Eye doc, dentist, therapist ... these are often booking far in advance.</p>	<p>Pet owners: Schedule a checkup with the veterinarian Do this ASAP to establish care so you can get in if you have an emergency.</p>	<p>Learn to be tick smart Don't walk through tall grass or brush; buy some tweezers. Learn more at healthvermont.gov.</p>
PLAY OUTSIDE	<p>Go for a hike Another good conversation starter with strangers is asking for favorite hiking trails.</p>	<p>Take a dip in a swimming hole Where? If you know, you know. Ask around!</p>	<p>Learn a new winter sport Borrow gear from a neighbor or your library.</p>	<p>Take a stroll down a dirt road Or ride your bike.</p>	<p>Enjoy an outdoor concert A favorite local summer activity!</p>
EAT WELL	<p>Have breakfast at the nearest general store</p>	<p>Buy a jug of Vermont maple syrup Preferably directly from the producer.</p>	<p>Stop at a roadside kiosk Get some eggs, flowers, asparagus, cookies, etc.</p>	<p>Shop at your local farmers market Or just eat!</p>	<p>Visit a farm store Turn off next time you pass that roadside sign!</p>

Tip! Our #1 tip? Whether you need advice, a doctor, or something fun to do on the weekend, **ask someone**. Vermonters are always happy to help out with information or an idea, and it's a great way to start a conversation. Try anyone ... neighbor, cashier, person in line at the coffee shop!