

Field Form & Forest

HOW TO DRESS FOR NATURE SCHOOL (WHEN IT'S COLD AND/OR WET!)

To ensure your child is warm, dry, and happy outdoors, please take a look at our recommended 1-2-3-4 layering system. If you have any questions or need help obtaining clothing, let us know!

Layer 1: BASE LAYER

This layer is closest to your child's skin and should be slim fitting. Wool, wool blends, silk, or synthetic materials like polyester are recommended. Cotton is NOT recommended as it absorbs moisture and is a poor insulator. Socks should be tall (no ankle or cotton socks!)



Layer 2: MID LAYER

This looser fitting layer adds a cozy insulating layer over top of the base layers. We recommend fleece or wool - a pair of pant bottoms and a pullover or zip up top work great. Add a fleece or down vest over top on those extra cold days.

Layer 3: OUTER LAYER

WINTER: Snow pants/snow suits and boots should be insulated and waterproof. For cold, DRY days, down filled or synthetic jackets are best. For cold, WET days, an insulated waterproof jacket (like a ski jacket) is best.

SPRING: Waterproof rain jackets and pants/suits (lined or unlined)



Layer 4: ACCESSORIES

WINTER: Mittens/gloves should be insulated and waterproof and have a long, over sized cuff to fit OVER coat sleeves. For extra cold days, a thin pair of wool, fleece, or synthetic gloves can be worn underneath them. Fleece or wool hats, neckies/ balaclavas are recommended.

SPRING: Waterproof rain mittens (lined or unlined) and rain hats

FFF Favorite Gear and Where to Find It!

Below you'll find our recommendations for kids' outdoor gear that we love and where to find it! *We also have a collection of donated gear at school that your child is welcome to borrow. Just let us know what you need and we'll check if we have it!*

Favorite Brands

Base and Mid Layers: Reima, Polarn O. Pyret, Nui Organics, Ellas Wool, Chasing Windmills, Iksplor, L.L. Bean, Lands End, Helly Hansen, Patagonia, Ice Breaker

Snow Pants, Jackets, and Suits: Reima, Polarn O. Pyret, Patagonia, L.L. Bean, Lands End, Helly Hansen Dridriksons

Snow Mittens: Reima, Polarn O. Pyret, Didriksons, Stonz, MTCi (budget)

Socks: Darn Tough, Farm to Feet, Smartwool, Reima, REI

Snow Boots: Oaki, Bogs, Muck Boot Company, Kamik

Rain Pants, Jackets, and Suits: Oaki, Polarn O. Pyret, Reima, Celavi, Helly Hansen, Didriksons, Tuffo

Rain Mittens: Reima, Polarn O. Pyret, Helly Hansen

Rain Boots: Oaki, Lone Cone, Crocs, Bogs, Reima

Where to Find Outdoor Gear for Kids

Local: H.O.P.E Thrift store (Lyndonville), Little Red Wagon Consignment (Littleton), Franconia Basecamp Consignment (Franconia), Gear Again (White River Junction), Outdoor Gear Exchange (Burlington)

Online Secondhand: Facebook Marketplace, Poshmark, Mercari, Patagonia Worn Wear

Online Resources: Outdoor School Shop