

## Gear List: What to wear and bring:

Children will thrive in the outdoor school if they are properly prepared. An early bedtime, a hearty breakfast, a positive attitude about the weather modeled by parents, and appropriate clothes for the weather are critical to the success of our outdoor days. We can't stress enough the importance of the right gear. In our opinion there is not bad weather just bad gear.

### All Seasons:

**Boots:** A waterproof pull on boot is our strongest recommendation, no ties, zippers or velcro. Bogs is a good brand, but something similar is really the best option for keeping the children's feet dry all day.

### Outerwear:

Waterproof bibs and jacket.

- We prefer the overall style because they really keep the wet out, and allow children to climb, crawl, and move better than rain pants. If you get the one piece suit like the one below, you will not also need a rain jacket.

[https://www.amazon.com/Tuffo-Little-Toddler-Overalls-Yellow/dp/B001AHUTCG/ref=sr\\_1\\_8?crd=8GX671U228Z0&keywords=reima+rainsuit&qid=1660099748&sprefix=reima+rainsui%2Caps%2C388&sr=8-8](https://www.amazon.com/Tuffo-Little-Toddler-Overalls-Yellow/dp/B001AHUTCG/ref=sr_1_8?crd=8GX671U228Z0&keywords=reima+rainsuit&qid=1660099748&sprefix=reima+rainsui%2Caps%2C388&sr=8-8)

Please try to avoid any cotton lined puddle pants, it wicks in the moisture.

- Any light rain proof jacket that can go over their puddle pants and layers easily. Try to avoid rain jackets with snaps as they tend to get clogged up with mud.

### Waterproof mittens:

- Nothing ruins outdoor play like mittens that are soaked on the inside. We recommend a pair of insulated cuff mittens, like the ones from Reima here:

[https://www.amazon.com/Reima-Waterproof-Mitten-52720844101-Candy/dp/B07Z2K64G5/ref=sr\\_1\\_3?crd=OJXUKRQG831U&keywords=reima+rain+gloves&qid=1660099645&sprefix=reima+rain+gloves%2Caps%2C249&sr=8-3](https://www.amazon.com/Reima-Waterproof-Mitten-52720844101-Candy/dp/B07Z2K64G5/ref=sr_1_3?crd=OJXUKRQG831U&keywords=reima+rain+gloves&qid=1660099645&sprefix=reima+rain+gloves%2Caps%2C249&sr=8-3)

Mittens should be snug, this is one of those things you don't want to buy with the intent of your child growing into them.

These items need to be worn or packed everyday. We will have our wagon and dome to store items that are not being worn. It is our goal to keep the children dry and comfortable in all weather, while allowing them freedom to play in any element they would like. i.e. rain puddles, mud, etc. So please, pack these things every day, even if the sun is shining.

Making your child a part of the packing process is also a great idea. They will feel better prepared by knowing what is available to them and where to find it. They will also gain a great deal of self-efficacy from this process.

**Fall/Spring:**

- Long pants. In addition to protecting their legs from lots of things in our outdoor play, long pants make our walks through the park a lot easier.
- Long sleeve shirts with a light flannel or sweater to go over when needed.
- Water resistant trail shoes. We recommend the slip-on type of trail shoes. Some brands are Keens, PLAE, Merrell, etc.
- Fleece coats and puffy vests work well with the varying temperatures of the day.
- A winter hat that covers the ears

**Winter:**

- Base layers, both top and bottom.
- Warm socks. We recommend wool socks on the extra cold days.
- Warm winter hat and neck gaiter. Scarves pose a risk and are not allowed.
- Heavy Fleece or insulated coat rated for cold weather.
- Warm waterproof mittens. We recommend getting a pair of warm mittens to put under their cuff mittens (noted above).

**Proper winter layering:**

1. Base layers, top and bottom.
2. Mid layer. Should be flexible and leave room for warm air, such as a thick sweater and knit leggings.
3. Warm winter coat. Something not too puffy, but insulated and rated for cold weather.
4. Rain gear.

**Warmer/Sunny weather:**

- Kids can wear short sleeves on the warmer days, but we still ask that they come dressed in long pants.
- Closed toe shoes are always required at our school, but they can wear something light and waterproof. Please make sure your children are always sent to school with comfortable feet. They use their feet a lot throughout the day for various running, walking, hiking, climbing activities.
- A sunhat
- A light top layer they can throw on for sun protection or any needed warmth.

**Other items:**

- Water bottle
- Lunch containers
- Small backpack. Please nothing too large. The students have to carry their own packs as we venture to new areas of the park, the larger backpacks do not stay on and are

often uncomfortable to carry. We also recommend something with a strap in the front as it does help a lot in keeping the pack sitting comfortable on their shoulders.