

# How to Dress at Woods Forest School

In this document we will go over how to dress your child for school along with some gear to help them be prepared for school.

[How to dress your children for Woods Forest School](#)

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## How to dress your children for Woods Forest School

### Cold weather with water present

1. Base layer as listed in gear list(not cotton stretch pants)
2. Wool or synthetic socks
3. Another layer of pants like hiking pants or lightweight pants. No jeans or overalls please. Nothing with fur lining that can get heavy when wetSweatshirt
4. Rain gear, pants and jacket preferred especially when your child is not self sufficient in dressing.
5. Rain boots
6. Warm hat under the rain jacket hood or rain hat

\*You do not need to pack gloves unless they are for the walk-in/ out. Children cannot function in play with gloves on so they either get soaked or dirty.

\* You only need one warm clothing change in the backpack including socks. The children who get wet with water play or rain will be warm if dressed above even when wet! We will not change them multiple times a day and especially when cold as that is when they get chilled and have a hard time warming up again. They may come to you at pick up wet and warm so be prepared to change them before getting in car.

### Cold weather with no water present

1. Base Layer as listed in the Gear List
2. Wool or synthetic socks
3. Warm pants

4. Warm shirt, sweatshirt, and outer jacket
5. Warm hat
6. Gloves if you have them

## Warm weather with water present

1. They can wear bathing suits or wetsuits when we are at a water location
2. Weather appropriate clothing
3. Shoes that have traction and can get wet like Keens.
4. A sun hat
5. Sunscreen and change of clothing in backpack

## Warm weather with no water present

1. Weather appropriate clothing
2. Shoes that have traction (Keens still great). No flip flops or loose fitting croc type shoes).
3. A sun hat
4. Sunscreen and change of clothing in backpack

# Forest School Gear

This gear can be expensive, our school is currently building a gear closet of donated items that you can borrow (we don't have much yet).

## Backpack

We recommend a backpack that fits them well and has good straps so it is comfortable.

Examples:

1. [Backpack for Forest School](#) - best option
2. For very small children, they have a slightly smaller one: [Backpack for Forest School: small](#)
3. [Backpack 1](#)
4. [Backpack 2](#)

## Lunchbox

[Lunch box and reusable lunch containers](#), any will do as long as it fits into the backpack.

## Good shoes for both water and hiking

Find the right shoe for your child. We recommend [Keens](#).

## Rainsuit and rain boots

### Rainsuit:

This needs to be a lightweight outer layer that they can easily move in. [REI](#) has great gear with two pieces both pants and jacket. The other company we use is [Oakiwear](#), you can get a discount with code: outdoorschool.

### Boots:

[BOGS](#) rain boots. They have them at REI and on their website.

## Sun hat

Any hat will be fine

## Reusable water bottle

[Dry bag](#), waterproof [bag](#) or plastic bag - we keep these in the backpack to place wet clothes into or to keep belongings dry when we cross the river. Plastic bags work fine, but hopefully you are reusing them.

## Base Layer of wool or synthetic

Base layers are crucial for children to stay insulated and warm. Please try to invest in some of these articles - especially for those cold, rainy days.

Examples:

[Wool Shirt](#)

[Wool Pants](#)