

A Clothing List for All Seasons

Prairie People Nature Learning

At Prairie People Nature Learning we believe that a properly dressed child can enjoy their experience in nature regardless of the weather. Learning how to dress appropriately is part of the experience.

Summer/Early Fall/Late Spring *[hot and warm weather]*

- Long pants (pants will protect your child from scratches and insect bites)
- Waterproof rain gear – pants and jacket
- Rain boots
- Sun hat
- Closed toe supportive shoe
- Sunscreen (optional)

Late Fall/Early Spring *(cool weather)*

- Long john top and bottom
- Warm top layer and pants (fleece works well under rain gear)

Winter *(cold weather)*

Students must have appropriate winter clothing to safely participate in the Forest School program!!

Base Layer *(closest to body):*

- Long johns top and bottom – No cotton! Look for synthetics.
- Non-cotton, reasonably thick socks (think wool)

Insulating Layer *(between base and outer layer)*

- Fleece pants- Fleece keeps the body much warmer than cotton. “Cotton is Rotten”
- Fleece jacket or pull-over

Outer Layer *(top-most layer)*

- Water-resistant snow suit (for younger children, ideally one piece; and for older children a jacket with bib to insulate the upper body)
- Winter boots
- Non-cotton hat/tuque (snug-fitting that covers the ears)-fleece or thick, tightly knit wool
- Neck-warmer (fleece)-it is much safer for children to wear tube neck-warmers than scarves in the woods.
- Insulated mittens with water resistant outer material (extra pair is always a good idea for a back up)

“There is no such thing as bad weather, just inappropriate clothing”