



GEAR RECOMMENDATIONS

BASED ON YEAR-ROUND FOREST SCHOOL EXPERIENCE SINCE 2017

FOOTWEAR

All footwear should have good traction, sturdy soles and closed toes *Please no flip flops

[Keen](#) Sandals

[Merrell](#) Shoes

[Bogs](#) Boots

BACKPACKS

[REI Tarn 12](#)

[REI Tarn 18](#)

[Osprey Daylight](#) (part day only)

RAIN GEAR

Rain jacket & rain pants

Whatever works for you, please just make sure it is indeed waterproof

Clothing

Children should be adequately dressed for outdoor play in all seasons of the year. Children are involved in many types of activities while at the CNS and should be dressed appropriately. Discovery and nature-based learning require freedom from restrictive clothing. For independence in toileting, children need clothing that is easy to remove and put on. Children need comfortable, protective shoes with gripping soles for running, jumping and climbing. Sneakers or well-fitting hiking boots are the best footwear; sandals with closed toes and heel straps are acceptable in warm weather, however flip flops are prohibited. Clothing needs for each season include:

Fall	Winter	Spring	Summer
Dress in layers, t-shirt with a long sleeve shirt or jacket for colder temperature; long pants to protect legs Rubber Boots Jacket/Sweatshirt Rain Jacket with Hood Rain Pants	Long sleeves Sweater Long Pants Snow Pants Winter Coat Waterproof Mittens Scarf/Neck Cover Hat/Ear Covers Boots Wool/Fleece Socks	Dress in layers, t-shirt with a long sleeve shirt or jacket for colder temperature; long pants to protect legs Rubber Boots Rain Jacket with Hood Rain Pants	T-shirt or Long-Sleeved Sun shirt Shorts or Lighter Long Pants Rain Jacket with Hood Shoes

Each child must arrive at school dressed appropriately and have a labeled change of clothes in their backpack in order to attend CNS. Learning Guides reserve the right to not accept a child if their clothing is deemed inadequate for any reason.

Layers: We recommend wearing layers of clothing so you and your child can adjust as needed according to changes in weather and activity levels.

Footwear: Boots or sturdy waterproof shoes with good grips on the bottom. Even when it is not raining, we may play in water or mud. Footwear should be closed-toed (no sandals).

Warm Weather Wear: When it is warm, please wear a long-sleeved shirt (we recommend light cotton, silk or hemp), durable and lightweight pants, and a large sun hat that covers the face and neck. running or hiking shoes (note that children may play in water and mud), and sun protection.

Rain/Snow Wear: Inner layer of 100% polyester or natural fabrics such as wool or silk. The fabric should wick moisture away from the skin and provide a warm, breathable layer. Middle layer of made of wool or fleece. Outer shell of waterproof, windproof clothing, including a rain or snow jacket and rain or snow pants. For the feet, we recommend neoprene Bogs or Sorel boots. Alternatively, your child can wear waterproof boots that are one size too large with two pairs of socks (wool is excellent for socks). Please make sure boots are not too small. This will cut off circulation to the feet and make them colder. Warm hat that covers the ears. Gloves that can be taken on and off easily.

Please keep a Go Bag in your car. The weather at school can be very different than at home. Be sure to keep an additional change of clothing, as well as jackets, a hat, gloves, etc. Keeping a Go Bag in your car all year will ensure you always show up prepared!