



Grades K thru 2nd: Classroom # 1

Teacher: Mrs. Julie Henson

Small Backpack: This will be helpful to carry any wet clothing home and a water bottle.

Plastic clipboards:

Magnifying glass:

Binocular (optional)

Mason jars (one, any size with a lid and labeled)

Towel (labeled)

(1) ten pack of cheap wash clothes (NOT labeled)

DEET free -Bug spray

Set of plastic measuring cups, and measuring spoons

Clothing and Gear List

DRESSING APPROPRIATELY: Make sure your child is dressed appropriately for four hours of outdoors. We adhere to the motto: There is no such thing as bad weather, only inappropriate clothing choices. Layers! Some days are 1-layer clothing days, some days are 2-layer days, some days are 3-layers. It is much easier to take layers off as needed than to warm a child that has already gotten chilled. Your child's needs throughout the day are often unpredictable and will depend not only on the weather conditions but also the child's body temperature and activity level. Please make sure you dress your child in clothes that can get messy in. All clothing and footwear should be loose fitting and roomy to allow the body's own insulating layer to surround the skin. Pants are more comfortable for children (and easier to pull up and down for going to the bathroom) when they have elastic waists instead of buttons or snaps.

Fall and Spring: We require all children to be dressed in the following clothing:

- **Lightweight rain pants or quick-dry long pants:** long pants rather than short pants are important to protect legs from thorns, insects, poison ivy etc. No denim jeans please.

- **Rain boots with lightweight socks** • When temperatures are cooler: long-sleeved tops and/or rain jackets
- On sunny days, please apply sunscreen before bringing your child to school and also send them with a sunhat.

Winter: If there is snow or ice, no water play will be allowed. We require all children be dressed in the following clothing:

- **Rain boots** (with one or two pairs of socks)
- **Full rain gear (hooded jacket and pants)** • Two-piece long underwear--silk or wool is best, but polyester is also a good choice.
- **Silk or wool socks**
- **Mittens and a hat:** wool or fleece is warmest.
- Wearing 2 layers of wool long underwear underneath a thick wool sweater and fleece pants is the most effective way to layer children under their rain gear in order to keep them warm without feeling too bulky.
- **No One-piece Clothing:** Please do not dress your child in one-piece clothing such as bib snow pants, as it is very difficult when they have to use the bathroom.
- **Extra Set of Clothing:** Please provide in a large labeled ziplock bag a complete change of clothing in case they need warm, dry layers while outside. The complete change of clothing should include pants, underwear, warm socks, short-sleeved shirt, long-sleeved shirt, sweater or sweatshirt, warm hat and mittens. Since you know your child best, if you think it would be wise to pack an extra pair of footwear, or anything else for that matter, please do!
- **Label Clothing:** Please label everything with your child's name. Please make sure that all items are in good condition and that your child is comfortable wearing them.

Water Bottle: Each child should bring a filled (small) water bottle the days they attend outdoor school. Please write your child's first name in permanent marker on the bottle.

Lunch: Your child's lunch should be prepared and ready to eat. Microwaves will not be available. (Providing your child with a little healthy snack each day is acceptable). As part of the forest classroom emphasis please send lunches and snacks in reusable containers and silverware to reduce the waste.

Where to Obtain Gear

Children who are properly dressed will be able to enjoy their time outside in all seasons. There are many places to order soft wool products that are not itchy to sensitive skin. These can be purchased online by searching "wool" + any of these names/brands: Puddle Gear, Janus, Engel, Ruskovilla.

Some recommended brands for rain jackets and pants are Oakiwear and Columbia. Any rubber boots will work if warm socks are worn with them. Bogs Boots are the best, but are very expensive. You don't have to spend a lot of

money on expensive wool sweaters. Any old woolen sweaters of larger sizes found at thrift stores can be 'felted' down to your child's size by putting them in the washing machine and dryer. Also consider used or felted wool to make mitten liners (recommended under the Puddle mittens) and thick wool pants.

Maintaining your gear once it is really wet and muddy: Rain gear can go in the wash by itself when you get home on the rinse cycle (without soap - to preserve the waterproofing a little longer), and then either drip dry or put it in a low-heat dryer cycle. Jackets may be slightly less muddy than pants, so you may get a few days of wear out of them before needing to rinse them. 'Tear Aid' is a product that Puddlegear recommends for maintaining raingear. This product is much more effective than duct tape in the long run (duct tape gets gummy), but for a short-term fix, duct tape works in a pinch.

Kookaburra or Eucalan wool wash products protect the lanolin in the wool that maintains the warm- when-wet properties. When aired out at night, wool does not hold odors and when worn under other layers, only needs to be washed every few weeks. If you purchase your pair of Bogs boots from REI, they will take them back if damaged and give you a new pair.