



Clothing and Gear List

It is essential to make sure your child is dressed appropriately for two to four hours of outdoor exposure. We adhere to the motto: ***There is no such thing as bad weather, only inappropriate clothing choices.***

Please label EVERY item of clothing that comes to school.

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.

- ❖ **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. A 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!
- ❖ **School clothing for the classroom:** Children enjoy changing into nice clean clothes after being in the forest. Bring a change of school clothes to change into each day-these may be left in their lockers.
- ❖ **Label Clothing:** Please label everything with your child's name (including **socks**). Please make sure that all items are in good condition and that your child is comfortable wearing them.
- ❖ **Lunch:** (Mrs. Henson's Class) 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.**

Planning for the Seasons

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 (they do not dry).
- ❖ **Rain boots with lightweight socks**
- ❖ **Rain jackets: with long sleeve tops when temperatures are cooler**

Winter: We require all children be dressed in the following clothing:

- ❖ **Rain boots:** Winter boots should be waterproof and insulated. To add extra warm layer with wool socks.
- ❖ **Full rain gear (hooded jacket and pants there are insulated options)**
- ❖ **Two-piece long underwear--silk or wool is best, but polyester is also a good choice.** Wearing 2 layers of smartwool 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.
- ❖ **Silk or wool socks**
- ❖ **Mittens and a hat:** wool or fleece is warmest.

Where to Obtain Gear

Children who are properly dressed will be able to enjoy their time outside in all seasons.

Please know that all of the brand suggestions given is a guideline to work from. We have learned a few things from last year as to what works well in my opinion, however, I will work with whatever you provide and will make it work as needed. Thank you and think of all the fun your child will be able to have when they have good clothing to keep them comfortable outdoors.

Think *investment*, cheap gear will have to be replaced throughout the year, it simply does not hold up.

Some recommended brands for outer wear are attached with links and step by step suggestions for navigating the sites. *We have had experience with Polarn O Pyret and recommend this brand.*

Please note that a leading brand in the children's outerwear space – POLARN O. PYRET of Sweden – offers parents enrolled in an outdoor oriented school or program like ours with a standing 20% off discount on their entire range of full priced outerwear from wool socks to snow and rain suits and everything else in between! Once you sign up at the below link you just need to be logged into your shopping account for the discount to apply. No code is needed. You can use the discount on an unlimited basis throughout the year. It also applies to full price Swim and UV rash guard. Let me know any questions or you can refer yourself directly to the outdoor school coordinator for the program, Jennifer Athanason. She is happy to answer any questions you may have! Just email her at outdoorschools@polarnopyretusa.com

Also, one company, Polarn O Pyret, offers a 20% off if you sign up for their outdoor program, this information is in the next paragraph.

Sign up Link:

<https://www.polarnopyretusa.com/outdoor-schools-savings-program/>

Polarn O Pyret

Step 1

[Sign up for 20% off full price](#)

Step 2

Be sure to check their sale and outdoor clearance items

Rain Jacket

Starting at \$54

Rain Pants

Last years Model starting at \$46

This year model starting at \$57

Eco line starting at \$84

Rain Boots

Fleece lined waterproof jacket starting at \$76(amazon starts at \$69)

Fleece lined pants starting at \$66(amazon same price)

Wool Gloves

Wool Socks

Wool Hats

Sun/Rain Hats

Wool Tights

Direct Links Polarn O Pyret

[Rain Jackets & Boots](#)

[Rain Pants](#)

Boots

[Fleece lined boots](#)

[Fleece Lined Black On sale](#)

[Fleece Lined 6-8yr on sale](#)

[Fleece Lined On Sale](#)

[Fleece Lined On Sale 2](#)

Tights

[Dots Wool Tights On Sale](#)

[Wool Tights](#)

REI

[Backpack Option 1](#)

[Backpack Option 2](#)

Other Backpack

[Backpack Option 3](#)

Amazon

Backpack

[Osprey Backpack Lifetime Warranty](#)

[Rain Cover for Backpack](#)
[Rain Cover for Backpack 2](#)

Polarn O Pyret on Amazon
[Rain Gear](#)

Insoles

[Fleece Insoles](#)
[Wool Insoles](#)
[Insulated Insoles](#)

Winter Boots

[Kamik Snowbuster](#)
[Kamik Snowbuster 2](#)
[Kamik Snowbuster 3](#)
[Kamik Snowbuster 4](#)

Wool Separates Thermal Layers

[Wool Underwear Pants](#)
[Wool Silk thermals](#)
[Wool Layer size 9](#)
[Wool Layering Top](#)
[Wool Pants](#)

Wool Top Bottom Combo

[Wool Underwear Top and Bottom Pair](#)
[Wool Base Layer Pair](#)

Smartwool Amazon

[Smartwool Socks](#)
[Smartwool Socks Girl](#)
[Smartwool Amazon](#)
[Smartwool hats](#)
[Smartwool Base Top](#)
[Smartwool Layering](#)

Winter Boots

[Winter Boots](#)

Warm Wellies

[Rain Boots](#)

Reima

[Reima Coupon](#)
[Rain Jacket](#)
[Rain Pants](#)