

**FALL & SPRING**  
(ABOVE 70°F DURING CLASS)

- Sun hat
- Sunscreen and bug spray as needed (applied before class )



- T-Shirt
- Shorts or pants
- Long sleeve shirt for layering



- Shoes or closed toed sandals that are okay to get wet



**FALL & SPRING**

- Fleece jacket
- Insulated, waterproof mittens
- Lightweight mittens or gloves (for outdoor snack time)
- Hat



- Rain jacket with hood



\*Nature School has a pair of waterproof rain bibs available for each student



- OR one piece rain suit



- Waterproof boots
- Tennis shoes/hiking boots
- Wool/fleece socks



**WINTER**

- Base layer top and bottom (long underwear)
- Mid-layer top and bottom
- Insulated, waterproof mittens
- Lightweight mittens or gloves (for outdoor snack time)
- Balaclava or neck gator
- Hat



- Warm, water resistant winter coat
- Snow pants



- OR one piece snowsuit



- Insulated, waterproof boots
- Wool/fleece socks



## GEAR RECCOMENDATIONS

**HAT:** A well-fitting beanie style hat works best. Hats with ear flaps tend to shift and expose ears during play.

**MITTENS:** Insulated and waterproof, with enough room to wiggle fingers. Mittens offer more warmth than gloves. A generous mitten cuff length ensures wrists stay covered during active snow play.

**NECK:** A balaclava is recommended for keeping your child's neck covered and can be pulled up to cover the face when needed. A thin balaclava allows for more temperature control by adding or removing a hat.

**COAT:** Insulated with a wind and waterproof outer layer for winter. Leave room for layering underneath and check sleeve length to ensure it provides enough wrist coverage when paired with a mitten.

**SNOWPANTS:** Bib-style snow pants are preferred as they add an extra layer of insulation at the torso and do not slip down during play.

**SOCKS:** Thermal socks made of wool or fleece. Cotton socks are not recommended for cool or cold weather.

**BOOTS:** Insulated and waterproof for winter. Boots should be roomy enough to wiggle toes while wearing thick socks. BOGS insulated boots are recommended as they can be worn for fall, winter, and spring—eliminating the need for two separate boots.

**UNDER LAYERS:** Base layers should be breathable and wick moisture away from the skin (wool, polyester, or silk). Mid-layers can be added to provide additional insulation (fleece pajamas work great). Cotton is not recommended as a base or mid-layer as it has poor temperature regulation and does not wick away moisture.

### GENERAL CONSIDERATIONS

- **LOOSE IS WARMEST:** Leaving a little extra room in your child's mittens, boots, snow pants, and coat, allows your child's body to retain it's own insulating layer of heat.
- **PRIORTIZE HANDS AND FEET:** Hands and feet are the first areas to get cold! With this in mind please prioritize high quality mittens, thermal socks, and winter boots.

## WHAT TO BRING TO CLASS

- Full change of clothes in a waterproof bag (shirt, pants, underwear, socks)
- Reusable, easy open, filled water bottle
- 1-2 snack food items in a reusable, easy open bag/container

We find that reusable zipper snack pouches and Contigo Kid's Autospout water bottles are easiest for kids to operate independently

Please remove any wrappers prior to placing them into snack pouches to increase independence and reduce risk of unintentional littering

