

# 2019/2020: What to Bring to Nature Kids

## General tips about clothing and gear:

- This year we will have a few items to lend out for the season (several of each): *backpacks, rain coats/pants, winter boots*. Please let us know if finances will make it difficult to find the necessary gear, or if we can lend something while you source out your own.
- Go for functional rather than cute/stylish clothing. The easier your child's clothes are to get on/off, the quicker they can go to the bathroom and the more they can 'help themselves'
- Dressing in layers will allow your child to add/remove layers as needed if they are warm or cold.
- Try to provide water bottles, dishes etc that your child can open and close on their own (goal to work towards over the year)
- Please leave toys at home. This is really important, as our approach is for children to play with forest materials.

### Daily:

#### **Backpack:**

- Well fitting, child-sized, ideally with a chest strap that can be tightened.
- Somewhat waterproof/resistant
- Not packed too heavy
- Having your child carry their pack to and from the forest is a goal of Nature Kids, a small achievement that your child can feel proud of. If it's well-fitting and light your child will be set up for success!

#### **Water Bottle**

**Lunch:** low/no garbage is best, as we don't have a garbage at our forest site

**Plastic bag with spare shirt, pants and socks**

### Clothing (weather/season dependent):

#### **Rain coat with hood**

**Rain pants:** ideally a thick/tough material. Rain pants will be well used at Nature Kids.

**Rubber boots or Bogs:** great for wet, fall weather. Once weather turns colder they will not keep feet warm

**Winter boots:** roomy enough for warm socks

**Mitts (several pairs):** These need to be waterproof/resistant; longer mitts with side-zippers are ideal. Mitts keep hands warmer than gloves. Finger mitts can go inside a larger mitt, but aren't sufficient on their own.

**Warm Hat:** avoid long, dangling hassles; make sure it fits snugly, as children move around so much that a loose, floppy hat won't stay on

**Neck/face warmer:** No scarves, please (safety hazard). Neck tubes are easy to wash, safe and functional. We will have some for sale in the winter.

**Winter Coat:** waterproof/resistant. Roomy enough to allow for warm layers underneath.

**Snow Pants:** waterproof/resistant