



## Forest Gear List

### Forest Clothing - see link information below

1. Rain Gear - pants / bibs / jacket
2. Waterproof muck style boots - summer and insulated winter options will be needed
3. Cold weather or insulated rain gear - \*Optional as long as the normal rain gear has room for layering
4. Wool layers and/or polyester layers
5. Wool socks (make a huge difference)
6. Gloves, warm hat (do not send to school until cold weather - and please label!)

## Clothing and Gear List

### Label All Gear & Clothing - including socks :)

**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.*

#### 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 (knee high socks keep the boots from rubbing)**
- ❖ **Rain jackets with long-sleeved tops** when temperatures are cooler.

- ❖ **Winter:** We require all children be dressed in the following clothing:
- ❖ **Rain boots** (with one or two pairs of socks) or insulated boots with extra 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.
- ❖ **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!
- ❖ **School clothing for the classroom:** Children enjoy changing into nice clean clothes after being in the forest. Children may bring a change of school clothes to change into each day.
- ❖ **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 this includes **socks!**
- ❖ **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**.
  - **Special note-containers such as yogurt containers/applesauce containers do not have reusable lids. This makes for a nasty lunchbox when your child does not completely eat it.**

## Where to Obtain Gear

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

\*\*\* Younger students get away with the rubber type pants from Reima or Polarn, the older the student or the rougher they are on clothes, the canvass type pants from Polarn O Pyret seem to hold up better.

Reima - is a little cheaper than Polarn O Pyret - and has withstood the test of time as well as Polarn O Pyret

Reima Coupon

Rain Jacket

Rain Pants

**Some recommended brands for outer wear** are attached with links and step by step suggestions for navigating the sites. 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.

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](mailto:outdoorschools@polarnopyretusa.com)

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

