

What should be in your backpack and/or on your body every day?

Warm Weather Days:

- *closed toed shoes
 - No sandals or Crocs
- *long pants - possibly tucked into socks for tick prevention
 - No bare legs!
 - No shorts or dresses
- *Clothing should be loose fitting - ready for climbing, jumping, playing hard, and getting dirty
- *sun hat, bug hat/net (especially in spring)
- *sunscreen applied upon arrival
- *warm layer (weather changes often!) such as long sleeved shirt or fleece
- *water bottle
- *a back-up dry set of clothes (socks, underwear, pants, shirts) packed in a zip-top bag.
- *insect repellent
 - read up, talk with your pediatrician, make a solid plan.
 - We will only use spray with DEET at school (sprayed on shoes, pants)
as that is what is recommended by our school pediatrician.
 - Permethrin treated clothing is an option for you to look into:
<https://www.insectshield.com/ISYOC.aspx>
- *Wet weather clothing:
 - rain coat (good to have packed in the backpack every day)
 - rain pants - bib style pants work especially well. There are some good ones made by Grundens, Playshoes, and Polarn o Pyret. Tuffo and OAKI also make great rain suits. *Consider getting sizes that will fit over snow pants for wet winter days.*
 - rain boots on rainy/muddy days
 - rain mittens - Polarn o Pyret (can be found on Amazon) makes some actual waterproof rain mittens that can be worn over a pair of fleece mittens on wet winter days

Children should come prepared to carry their own backpacks into the woods and should know where all of their gear is stashed inside their packs. (It helps to pack the backpack together for Mondays)

What should be in your backpack and/or on your body every day?

Cold Weather Days:

*Wool/warm hat

*Snow pants - bibs seem to work best to keep snow and cold out. Make sure they are long enough and all closures/zippers are in working order

*Winter coat that fits to allow for movement and has working zippers/closures

*Wool socks, 2 layers of socks (absolutely NO cotton/thin socks)

*Winter boots with removable liners and no laces such as LLBean's Northwoods Boots
Liners must be removed to dry out each night! Boggs also work but do not seem to keep little toes warm as long as the lined boots.

*Neck warmer/balaclava

*Mittens (no gloves!! The body heat generated by all fingers together keeps little fingers far warmer). Mittens with long cuffs are especially good!

*During wet/slushy winter days, waterproof rain mittens (or LOTS of extra pairs of regular mittens in the backpack) will be essential.

Polarn o Pyret (can be found on Amazon) and Didrikson both make some actual waterproof rain mittens that can be worn over a pair of wool or fleece mittens on wet winter days

*4 layers on top and 2 layers on the bottom (ie: long underwear, fleece, vest, coat)

*long johns/leggings (avoid cotton whenever possible)

*water bottle

*sunscreen

* Be prepared on milder winter days with wet weather clothing:

rain coat

rain pants (rubberized bib style pants or rain suit work especially well if they fit over snow pants/ winter coat)

rain boots on mild rainy/muddy days

ALL items should be clearly labeled with your child's name.