



# Wildwood

RETHINKING EDUCATION

## NATURE SCHOOL GEAR

*There is no bad weather, only bad gear!*

### The Basics

#### **Layering**

Two lighter layers are better than one heavy layer. Layering allows you to modify your body temperature and adapt to changing conditions and activity levels. Waterproof outer layers on all but the hottest days. Two piece over a one piece. One piece rain suits and snow suits don't allow children to take off their coat while leaving pants on. Also, one piece suits are more likely to be peed on or dragged on the bathroom floor. Yuck.

#### **Fiber Choices**

No cotton, ever. When cotton gets wet, it has no warming ability and keeps you cold. Cotton also does not dry quickly, leaving a child damp and uncomfortable, even on warmer days. Opt for polypropylene, fleece, silk, and wool. Wear a waterproof outer layer on all but the warmest days.

#### **Getting Dirty**

You should expect your child to get dirty and wet! Please do not send them in anything you do not want dirty. If you are going somewhere with your child after dismissal, please be prepared to change them. A plastic bin or big blue Ikea bag in the trunk is helpful for transporting muddy clothing home. You will likely need to wash a load of laundry after a day at Wildwood.

#### **To keep in the classroom**

- Change of clothes in a labeled Ziploc bag, including socks and underwear. Multiple changes if your child is potty training.
- Diapers and wipes if your child will need them throughout the day (or just at rest). If your child is in pull-ups, please send 'easy' pull-ups with resealable sides, so that your child can be changed without having to remove all of their layers. Caregivers are asked to replace diaper supply regularly. If they run out during the day, Wildwood will offer them a diaper/pullup.
- Indoor footwear: these can be Crocs or slippers with hard soles, big enough to fit when your child is wearing thick socks. We have found Crocs to work well.
- Children who rest will need bedding for rest time. There are great nap rolls that are all in one, available online. Alternatively, a crib-size (not travel crib-size) sheet and a blanket will work well.
- Extra water

#### **To keep in their backpack**

- Lunch
- Water
- Spare gloves
- Please do not send anything extra in your child's backpack. Children are learning to hike with these packs and should only carry the necessary items we have listed here.

### Everyday Gear

### **Backpacks**

The most comfortable backpacks for children are packs that can be cinched close to their bodies. Do not buy a standard school backpack; children cannot hike in ill-fitting packs. When selecting the backpack for your child, please make sure:

- It has contoured shoulder straps
- A strap clip on the chest
- Backpack should not go below your child's bottom
- Waterproof/resistant if possible
- Water bottle pockets on the outside
- Extra straps/clips for gear storage

*Favorites:*

1-3-year-olds - REI Tarn 12 pack

4-8-year-olds - REI Tarn 18 pack

### **Water bottle**

Lightweight, spill proof (if it spills when it's open, it's not spill proof), stainless steel, at least 18oz. Older kids often need more than 22 oz. Please avoid glass because it adds weight.

If your water bottle has an added rubber base, please remove it so children can pack it into the holder independently.

*Favorites:*

Klean Kanteen 18oz or 27oz

Thermos 18oz or 26oz plastic Icon water bottle with straw lid

Hydroflask 18 oz or 24 oz wide mouth or straw top

### **Lunchbox**

Lunch box must fit in the backpack, and your child must be able to fit it in on their own or work towards that independence. Practice this at home to be sure your lunchbox/backpack combo will work for your child. Small lunch boxes are better.

*Favorites:*

Bentgo [Lunch Boxes for Kids | Bentgo® Official Site](#)

PlanetBox (this does not fit in Tarn 12, so older kids only!) [Rover Stainless Steel Lunch Box Set](#)

Please send your child a lunch and snack each day. If your child is enrolled in our morning extended day, feel free to send breakfast. Children tend to eat more at Wildwood than traditional programming, please send enough to get them through an active day. We often travel for lunch, so compact, lightweight lunches are best. Stainless steel or plastic containers are great. Please have children practice opening their snacks and lunchboxes at home.

## **Gear for Fall/Spring**

### **What to wear**

- **NO COTTON**
- Lightweight, long-sleeve, quick dry shirt and fleece pants or polyester leggings tucked into socks to protect from sun and ticks.
- Polyester or light wool socks
- Waterproof boots
- Sun hat
- Fleece sweatshirt or wool sweater in backpack
- Waterproof rain gear on all but the warmest days

### **Boots**

Insulated with a warmth rating of -30. Rain boot and snow boot in one. No traditional rubber rain boots. Children will wear these boots almost every day, September through June.

*Favorites:*

Bog Boots -30 rating

Element Muck Boot

Stonz - for the smallest children who do not yet fit into Bog boots.

*Not Recommended:*

Rain boots- these are uncomfortable and not warm enough in winter, spring and fall and too hot in summer

**In the transition from fall to winter and winter to spring the rule of thumb is:**

If more than half the day is above 50 degrees: it's a rain gear day.

If more than half the day is below 50 it's a snow gear day.

On rainy days below 50 degrees, always attach rain pants to your child's backpack.

### ***Rain Gear Recommendations***

Please dress your child in rain gear on all but the warmest days.

**Raincoats:** Waterproof, not just water-resistant, rain gear

**Rain Pants:** Thicker than the average rain pant with a bib. Rain pants protect children from rain, while puddle pants can take water from all directions, puddle jumping and play.

*Favorites:*

Helly Hansen Kids' Bergen 2.0 Rain Set

Reima Kids & Toddler Rain Gear

Didriksons Waterman Kids' Set Galon®

**Rain Gloves:** These are not a necessity, but add an extra layer of water proof protection on those very wet and chillier days.

Helly Hanson Kids Bergen Fleece Pu Waterproof Mittens

Reima Rain Gloves

## **Gear for Winter**

Children must be dressed in the layers listed below for their safety in winter temperatures. If your child is not dressed properly, we will check their cubby and our spare clothing for extra layers or call home to have the family bring proper gear. This is a safety issue, and we cannot be flexible with it.

### ***What to wear***

- **NO COTTON**
- Polyester, fleece, or wool base-layer, i.e. 32 Degrees and Kids' Thermals
- Fleece or wool top and fleece pants as mid-layer, i.e. Carters brand and All In Motion
- Thick wool socks, i.e. Smartwool Wintersport socks
- Insulated, waterproof boots
- Snow pants
- Winter coat
- Wool hat with ear flaps, lined with fleece
- Fleece neck warmer
- Waterproof gloves

### ***Winter Gear Recommendations***

Quality gear; it is less bulky and increases mobility, which is key.

**Pants:** Must be insulated and waterproof. Washable is best. Overall/bib style over just pants or one piece. Not too bulky.

*Favorites:*

Didriksons Skare Kids' Set

Reima Juoni - Kids' ReimaTec Waterproof Winter Pants

Helly Hanson k-rider-2-ins-bib-40342

Land's End Squall Snow Bibs

**Jackets:** Must be insulated and waterproof with a hood. Washable is best. Not too bulky.

*Favorites:*

REI Winter Jacket for sizes 2T-4T REI Winter Jacket for sizes 5+

Didriksons Winter Jacket

Reima Winter Jackets  
Helly Hanson Kids' Rider Insulated Ski Jacket  
Land's End Squall Jacket (not the parka)

**Mittens** waterproof with **insulated** liners and long wrist cuffs

*Favorites:*

Didriksons Biggles Reflective Kids' Mittens  
Reima Ote - Kids' ReimaTec Waterproof Mittens  
Helly Hanson Kids' Winter Mittens  
MCTI Amazon.com: Kids Ski Gloves

### Places to find Good Gear

Outdoor School Shop Outdoor School Shop Resale Items

REI - Kids

Natick Outdoor Store

Sierra Trading Post

Public Lands

Target's All In Motion line

Children's Orchard

LL Bean

Primary Clothing- mid layers

Carters - mid layers

Land's End - many big sales throughout the year offer affordable outer layers and base layers.

Other forest school families hand-me-downs. Find families to trade with in our facebook group.

# HOW TO DRESS FOR NATURE SCHOOL

## FIVE BASICS

**Base Layer** - Body-hugging polyester, silk or wool

**Mid Layer** - Insulating fleece or wool

**Rain Outer layer** - Waterproof raingear for temps above 50

**Winter Outer Layer** - Insulated, waterproof snow pants and winter coat for temps below 50

**Footwear** - Insulated, waterproof boots and high-quality wool socks in most weather. Poly socks and waterproof sneakers when warm and dry all day.

## SIX TEMPERATURES

Hot

**BASE LAYER**  
**WARM WEATHER**  
**FOOTWEAR**  
**SUNHAT**

80



Warm

**BASE LAYER**  
**RAIN OUTER LAYER**  
**FOOTWEAR**

70



Cool

**BASE & MID LAYER**  
**RAIN OUTER LAYER**  
**FOOTWEAR**

60



Chilly

**BASE & MID LAYER**  
**RAIN OUTER LAYER**  
**FOOTWEAR**  
**HAT & GLOVES**

50



Cold

**BASE & MID LAYER**  
**WINTER OUTER LAYER**  
**FOOTWEAR**  
**HAT AND GLOVES**

40



Freezing

**BASE & MID LAYER**  
**WINTER OUTER LAYER**  
**FOOTWEAR**  
**HAT AND GLOVES**  
**NECK WARMER**

30



## FOUR RULES

Below 50 degrees for more than half the day = winter outer layers  
Above 50 degrees for more than half the day = Rain outer layer  
Rain in the forecast = rain pants and extra gloves in the backpack  
NO COTTON, EVER.



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