

GEAR!

In order for your child to enjoy being outside with us all year round, it is extremely important that they are dressed appropriately. Students are required to have hats (sun and warm), rain bibs, rain shell, and boots. They also must have at least one WOOL base layer. (Socks, pants, shirt) Here are some suggestions on where to get these things. The hope is, if you size up, these will be able to be used for several seasons so you only have to make this purchase once during our time together. Let me know if you have any questions!

Resist the urge to buy insulated/fleece lined rain gear. Pretty often, we're tromping through the mud on a sunny warm day. We want to be able to discard our under layers, but still wear our top layer without overheating. Think of the top layer as the layer that keeps us dry-NOT warm.

HATS

Warm Hat (covers the ears, fits under a hood-NO PUFFS on the top please-it's hard to tuck these kinds of hats under hoods) For Sun Hats, I love <u>Sunday Afternoons Hats</u> The best ones are wide brimmed and cover the back of their necks too. I always make kids wear hats! ALWAYS!:)

RAIN BIBS

I prefer to have all the children in bibs. If you don't own any gear yet, please buy bibs! You can see examples <u>HERE</u> and <u>HERE</u>. If you own gear, wait until they outgrow it and then buy bibs.

RAIN SHELL/JACKET

Look for something light weight. Here are some examples: <u>LL Bean</u>, or <u>REI</u>, or <u>Lands End</u>. <u>MAKE SURE</u> <u>YOUR CHILD'S JACKET HAS ELASTIC SLEEVES</u>. Otherwise, their underlay does not stay dry. It's actually better if it's super thin so we can have more flexibility. We can add warmth underneath, as long as you buy it big enough. It also keeps the mud off of our other layers. I always order a size up. When my daughter was wearing a 6 I bought her a size 8 shell and she has been able to wear it for two seasons.

BOOTS

Look for waterproof boots with good traction so we can wear them on hike day. Not too big or they'll fall off. I love BOGS but they're pricey. Waterproof hiking boots may work too. You can find some good deals at Postmark, Ebay, Mercari, etc...

BASE LAYERS

<u>Mama Owl</u> is my favorite and has great prices for the quality they sell. It's based in the UK so takes some time to arrive so plan accordingly. You can also get some decent wool base layers from <u>Amazon</u>. Remember to get a top and a bottom. If your kid runs hot, you may consider something sleeveless instead of long. Sleeveless is also nice because it keeps their core covered but the sleeves don't get wet so they don't have to change.