

Linden Hills Nature School Clothing Requirements 2017-2018

The following clothing is required to insure your child is able to be comfortable and able to thoroughly enjoy the experience of playing in and exploring the natural forest environment.

FALL	WINTER	SPRING
Rain boots Jacket/sweatshirt Rain jacket with hood Rain pants	Warm, water-resistant winter coat Snow pants Waterproof mittens (2 pair needed each day) Balaclava/neck warmer Hat Snow boots Wool/fleece socks Long underwear top and bottom Fleece top and bottom	Rain boots Jacket/sweatshirt Rain jacket with hood Rain pants

Rain Boots

Rain boots aren't just for rainy days. Often the grass is wet or the ground is muddy in the fall and spring, so wearing boots help to ensure that your child stays warm and dry.

Rain Pants

Rain pants are a crucial layer in fall and spring. They will keep your child comfortable even when it's not raining because the ground will be cool and/or damp. We highly encourage true rain pants and not snow pants for the fall and spring. Snow pants are warm, but tend to absorb water easily. It is crucial that the pants have a closure (Velcro, elastic, cord and toggle) at the ankle to cinch the pants tight over boots to keep water out.

Winter Coat

Layers are important here. A fleece coat is a great layer that works in cold weather and warmer weather. In addition, your child will need a good waterproof coat. They work together well for warmth and to keep dry. It is crucial that the waterproof coat have a system for cinching at the wrist to keep water out.

Mittens

Mittens keep hands warmer and are easier to get on than gloves. We recommend mittens with a long cuff or that have a zipper up the back of the hand. This makes it easier to get the mittens on when little hands are cold and wet.

DO NOT send your child in thin knit gloves or mittens. These get wet quickly and as a result will not keep your child's hands warm for the duration of the school day.

Winter Boots

Get a winter boot that is one size larger than your child's foot (this is with socks on). This creates a "dead-air space" to assist in insulating the foot. The best isolations for feet are wool socks with water-proof boots.

Socks

We have found that wool socks work best.

MYTH: If one pair keeps your feet warm, then two pairs should keep them even warmer. Boots are designed to hold your feet and one pair of socks, not two. The second pair compresses your foot, cutting off circulation and making your feet colder than they'd be with a single pair. This impaired blood flow makes your feet even more vulnerable to frostbite.

Hat

A well-fitting wool hat is best. Please don't rely on hoods as they inhibit a child's ability to hear.

Under Layers

Dressing in layers is the key to ensuring your child stays warm. It also allows your child the option to remove layers if he/she becomes too warm. We will be very active outdoors, but will also spend some time sitting for circle time and observation activities. On wet and cold days, pay close attention to the layers close to their skin. Clothing made from materials such as poly-propylene or capilene, fleece or wool takes moisture off of the body and transfers it to the other layers, rather than soaking through. This is called "wicking." Cotton holds moisture close to the body and makes a person cold and damp.

Brands We Recommend:

We strongly encourage you to consider the following brands. These have been proven to be successful with our nature school students as well as other nature schools across the country. If you have brand recommendations not on the list,

please let us know!

Bogs: Bog boots are versatile and can be worn as rain boots and snow boots.

Polarn O. Pyret: **MITTENS**, rain gear, snow gear, etc. We really like Polarn and we have a store here locally in the Galleria.

Oakiwear, Columbia, Outdoor Research, REI, Lands End: Rain gear, snow gear

Gordini: Mittens

SmartWool: Socks