**Some notes on clothing for Forest Fridays:**

The following list of clothes will keep your child warm. Please don’t break the bank or head out on a goose chase after this stuff if you don’t have it! Just let us know what you’re missing and we will help sort it out in a cheap (or free) and easy way.

Here’s what your child needs:

· **Rain jacket with a hood**

· **Long-underwear bottoms and top** (preferably moisture wicking – wool, silk, or capilene)

· **Wool sweater or fleece top**

· **Snow pants** (insulated with elastic closures at the legs)

· **Snow jacket** (insulated and water resistant – check the zipper – does it work?)

· **Socks** (wool or fleece, cotton socks = chilly feet)

· **Boots** (rain boots for the wet seasons/ insulated boots for snow season)

· **Hat** (wool or fleece)

· **Mittens** (not gloves if possible) 2 pairs

· **Neck warmer or scarf**

LAYERING is the key! Sometimes we will be very active outdoors and sometimes we will be sitting. Layered clothing allows for flexibility – not too hot, not too cold. Whatever the children are not wearing, we can store away. Hats are essential on wet and cold days.

Again, if you need help with some of the above items please ask. We will get your child what he or she needs. We don’t want gear to be a barrier for kids to participate and a warm child is a happy child who is ready to learn.

**GETTING DIRTY**

We will send home muddy children often! Getting dirty is an important part of outdoor learning. Please use old clothes and let your child know that on Forest Fridays they CAN GET DIRTY and you don’t mind! We will have plastic bags for bringing home muddy clothes. You may even want to throw a tarp or old sheet over your backseat on Fridays. You can keep a full change of clothes in a daypack you provide that stays here. Please label all of your child's clothing with his/her name.