

# What to Wear Guidelines



## What You Will Need

- A small backpack that your adventurer can easily carry
- Extra clothing (especially extra mittens and socks)
- If your child is prone to “accidents” or is unfamiliar with using the bathroom outdoors please pack a full change of clothes
- A nut-free snack in a reusable container
- A whistle attached to your child’s jacket or clothing
- A mug for tea
- A water bottle with a small amount of water
- Plastic bags
- Optional: Reusable hand warmers

## What to Wear

### ***When it is sunny and warm we recommend...***

- A light cotton, silk, or hemp long-sleeved shirt
- Light, comfortable pants
- Sunhat
- Sun protection
- Running or hiking shoes (if it hasn’t rained in about 2 weeks)

### ***When it is rainy we recommend...***

- An inner layer or fleece, wool, or silk to move moisture away from the skin and allow for a warm, breathable layer
- A middle layer of wool or fleece for warmth

- An outer, waterproof layer (rain jacket and rain pants that fit over boots)
- A warm hat
- Thick socks (one or two pairs)
- A well-fitting pair of rain boots (sometimes it helps to buy them half a size too big to accommodate for thick socks, or even a second pair)

***When it is cold we recommend you add...***

- Warm and waterproof mittens (please no gloves unless your child is very dexterous at getting them on and off independently, even with wet hands)
- Long underwear
- An extra pair of mittens and socks in their backpack (or 2-3 extra pairs if the mittens are not waterproof)

## **Some Extra Tips and Tricks**

### ***Boots***

- The taller the better
- Check boots often for wear and tear, children use them a lot and they wear through quickly
- Bog and Kamik both make great neoprene boots for children, Kamik sells boots with liners for extra warmth
- If you go for normal rain boots, wear wool or thermal socks when it is cold

### ***Long Underwear***

- Wool or MEC long underwear keep children warm with less bulk

### ***Pants and Shirts***

- Avoid jeans on rainy days; they soak up the water
- Wear warm layers according to the weather

### ***Gloves***

- Abeko/Puddlegear mittens are great, they are waterproof and lined inside
- If your child is not wearing waterproof mittens, please bring at least two extra pairs on rainy/snowy days

### ***Rain pants***

- Pants are preferred over full body suits or suspenders to make using the bathroom easier
- Rain pants must form a seal that extends over your child's boots so the boots don't slip off or fill with water easily
- MEC, Abeko and Wet Skins all make good rain pants
- To keep raingear waterproof, spray it with silicone every 3-4 months

### ***Rain Jacket***

- Waterproof jacket must hold up to two hours of rain.
- Try to get a jacket in a larger size to allow for layers of clothing under the jacket and growth throughout the year

### ***Backpack***

- Chest straps are helpful
- Put a name tag or some other distinguishing mark on your child's backpack in case there are multiple children with the same backpack in their class
- Small MEC backpacks work well

### ***Plastic Bags***

- Plastic bags can go over a child's feet if their socks get wet to keep new socks from getting wet inside wet boots

- Plastic bags also provide a place to put any wet/muddy clothing that needs to be removed during the program

If you have any additional questions, please email [cara@outandaboutadventures.org](mailto:cara@outandaboutadventures.org)