

CLOTHING

**if your family is in need of proper gear, please contact us*

WARM MONTHS

Base Layer:

Flexible clothing with elasticized waists are required for mobility purposes. Avoid pants and shirts that prevent full bending and stretching. No stiff jeans, khakis, etc., or dresses.

Waterproof Shell:

-Bottoms -Full one piece waterproof rain suit, rain pants or bibs with rain/waterproof jacket. We do sometimes wear waterproof suits/pants year round.

-Jacket - A rainproof outer shell is a necessity (not just water resistant). It is best to have the thin waterproof shell on its own, versus a thick, insulated rain coat. We can use this all year, adding layers underneath as the temperature dictates, so size up if in doubt.

COLD MONTHS

Base Layer:

-Long underwear/thermal clothing. These items fit close to the skin in order to trap in body heat. Synthetic materials like stretchy fleece pants and tops, and synthetic-silk works. Target has affordable options. If you're able to invest a bit more, wool and wool-silk blends work exceptionally well. Cotton does not trap in heat well.

-Socks. Wool socks are great at keeping toes warm, are antimicrobial and repel water well.

Mid- Layer:

-A thick fleece or wool zip up jacket is a versatile layer to have. It can be used on its own, or under insulated winter coats or rain jackets. Columbia makes a thick affordable version.

-Fleece pants or insulated pants.

-An insulated, form-fitting jacket that can fit under a rain jacket is useful. Thin down jackets are especially great, and synthetic insulated jackets work too. It does not have to be waterproof because we can use them under rain coats or suits.

Water proof shell:

Bottoms -Full one piece waterproof rain suit, rain pants or bibs with rain/waterproof jacket. We do sometimes wear waterproof suits/pants year round.

Jacket - A rainproof outer shell is a necessity (not just water resistant). Its best to have the thin waterproof shell on its own, versus a thick, insulated rain coat. We can use this all year, adding layers underneath as the temperature dictates, so size up if in doubt.

SHOES

We recommend boots year round. Rain boots in warm months and snow boots in cold months. It is important that the boots be tall enough to allow for shallow stream play, have flexible soles without a heel, be light weight, and stay on while running and climbing. Some brands are Aigle, Hunter, neoprene versions from Oakiwear, Bogs Kids' Rain Boots, Crocs Handle It. Bogs winter boots and Kamik are good snow boots.

MITTENS

Thin cotton, wool, polyester, or fleece mittens are good for mildly cold days and are mostly water resistant.

HAT

A sun hat is recommended to have with them to keep in the child's back pack to protect scalp and ears from the sun and shield little's eyes on sunny days. Winter hats should come over the ears and secure under the chin to keep in place during active play. Balaclava's work great in the coldest conditions as they also cover the entire neck. Look for wool, wool blend, or fleece fabrics.

BACKPACK

Children feel a sense of independence when in charge of their items. We encourage all children to have their own backpacks that will carry their snack/lunch, water bottle, spare clothing, diapers/wipes, wet bags/zip locks, hats, bug spray & sunscreen.

SUNSCREEN & INSECT REPELLANT

Please keep these in your child's backpack to use as needed. Be aware that only natural options are allowed. We are located in nature where animal and plant habitats are of great importance. Absolutely no DEET is permitted. There are plenty of natural insect repellents that work well. You can also find recipes online using essential oils.

TICK BITE PREVENTION

- We tuck pants into socks and we always wear boots in the forest.
- We highly recommend treating outdoor clothing with permethrin every few weeks.
- Spray skin and clothing with bug spray
- Promptly put clothes in the wash or hot dryer or store clothes outside or in a sealed plastic bag until laundry time
- Shower promptly if you can
- Do tick checks. Check nooks and crannies, hair lines, scalps, belly buttons, arm pits, behind the knees, neck, ears, etc.
- If you find an imbedded tick, don't panic. Use tweezers as tick remover to grasp them as close to your skin as possible, pull slowly and straight back to remove.
- You can store the tick under tape and/or in a plastic bag in the freezer in case you want to get it tested. (UMass has a grant funded tick testing program)
- The faster you remove the tick, the less likely it will transmit disease. Watch for illness including fever, sore joints, aches, fatigue and a bullseye rash around the tick bite.
- Talk calmly with your child about how the tick was looking for food, like all creatures do. Curiously study it together under the tape or in a bag. It is important that we show respect for all creatures while not projecting our fears into our children. Model a sense of wonder and curiosity!