

## CLOTHING

This is a nature-based program and we spend time outside every day, rain or shine, freezing cold or blazing hot. We also believe that playing in dirt or mud is an important part of most children's experience of exploring nature. To ensure your child is protected from the elements, and feeling comfortable to fully engage in play and exploration, it is important to have appropriate clothing.

Please provide a large backpack or duffel for your child to transport all items back and forth to school everyday.

- All seasons (every day): Two full changes of clothes packed in zip lock bags in backpacks/duffels.
  - September, October, April, May (during heat spells): shorts and t-shirt and a hat to protect from the sun.
  - Nov. to March/April: pants, long sleeve shirts, socks, jacket.
- Rainy Days – Raincoat, rain boots. In cold weather add 2 pairs of socks or 1 thick pair of socks to be worn in rain boots.
- Winter- a winter coat is more than just a fleece jacket or a lined raincoat. It should have a good deal of padding to insulate the child from the cold. Long underwear or tights underneath clothes are also a good idea.
- Snow pants, snow boots, heavy winter coats, waterproof mittens, and warm hat that covers the ears are essential for winter play.
- Layering clothing is great, as temperatures change, layers can be added or removed.
- Thoughts on shoes – Most mornings from Sept. until a hard freeze the dew on the grass will soak through shoes in 15 minutes or less. We recommend wearing boots &

bringing a change of shoes for later in the day. Ease of getting shoes on & off is important as we often take shoes off to go inside. Hiking boots or work boots are great when it's not too wet outside, as kids can avoid wet feet, and still have good agility to climb trees and run, but they are very hard to get on & off. There are a few types of waterproof shoes that are easy to get on & off that kids can still be agile in such as MUCKS low tops or that type of shoe.

It is extremely important to remember that we are working with your child to be self-sufficient. With that being said please pack items that are easy for your child to put on and take off by his/herself.

Please check your child's bag everyday for clothing that needs to be washed/dried/replaced.

### WATER

Each child should have a water bottle that will not drip when on its side. Please put their name on the bottom AND top in permanent marker. Water bottles can be filled at school each morning.

### TICKS

Of course, a school with a focus on nature is going to spend time in wild natural areas. Please check your child EVERY SINGLE DAY when your child returns home.

\*\*Please note ALL children must be 100% toilet trained to attend Four Seasons Nature Preschool. Pull-ups are not allowed.