

Dressing for Success Outdoors

We recommend wearing layers of clothing so you and your child can make adjustments as needed according to changes in weather and activity levels.

Footwear: Boots or sturdy waterproof shoes with good grips on the bottom. Even when it is not raining, your child may play in water or mud. Footwear should be closed-toed. In warm weather make shoes optional.

When it is rainy and snowy, we recommend:

- Inner layer of 100% polyester or natural fabrics such as wool or silk. The fabric should wick moisture away from the skin and provide a warm, breathable layer.
- Middle layer of insulation made of wool or fleece
- Outer shell of waterproof, windproof clothing, including a rain or snow jacket and rain or snow pants
- For the feet, we recommend neoprene Bogs or Sorel boots. Alternatively, your child can wear waterproof boots that are one size too large with two pairs of socks (wool is excellent for socks). Please make sure boots are not too small. This will cut off circulation to the feet and make them colder.
- Warm hat that covers the ears
- Gloves that can be taken on and off easily

When it is cold add:

- Warm and waterproof mittens that slip on and off easily
- Long underwear
- An extra pair of warm gloves and warm socks in your child's bag

When it is warm wear:

- A long-sleeved shirt (we recommend light cotton, silk or hemp)
- Durable pants
- A large sun hat that covers the face and neck
- Running or hiking shoes
- Sun protection
- Shoes are optional!