

## Preparing for FSNS: Clothing and Equipment

**There's a saying in the outdoor world: there's no such thing as bad weather, just bad clothing!**

Learning can only happen when we are comfortable, so please ensure your child is set up for success. Below is a list of recommended clothing and equipment. Due to the nature of our program, **a student who is not dressed appropriately for the conditions will be asked to return home to change.**

### Everyday, each season:

- ☐ **Lightweight long pants, socks and closed-toed shoes**

*While we have never had a tick on a child at our school, we do operate in areas that ticks could exist. This also helps protect against harmful plants.*

- ☐ **Durable Backpack**

*One that they are comfortable wearing and carrying that can hold all their things - we often have a "lunch out" away from home base especially with the older groups.*

- ☐ **Lunch and snacks**

*Litterless if possible, and peanut-free.*

- ☐ **Water Bottle (filled)**

*Can be refilled at school*

- ☐ **Extra clothes (especially socks and shoes... we get muddy and wet often!)**

*Feel free to bring an additional bag that is labeled and filled with extra gear that comes and goes home each day.*

- ☐ **Medication (if required)**

- ☐ **Cloth mask and buff**

*If required.*

### Spring and Fall

- ☐ Rain gear (waterproof boots, pants, jacket)
- ☐ Long light pants/shirt (*Tick/Hazardous Plant Protection*)
- ☐ Sun hat
- ☐ Lightweight clothing
- ☐ Bathing suit, towel (*you'll have a heads up if we plan on swimming*)
- ☐ Closed-toe shoes
- ☐ Rain Boots/Winter Boots
- ☐ Warmer sweater or jacket
- ☐ Gloves (2 pairs)
- ☐ Layers (see below)

### Winter

- ☐ 2 winter hats (*one to wear while the other is drying by the fire*)
- ☐ Fleece balaclava and/or neck warmer
- ☐ Goggles
- ☐ 2 pairs of warm, waterproof mitts
- ☐ 1 warm, waterproof snowsuit
- ☐ 1 set of warm, waterproof boots (**with removable liner**)
- ☐ 3 base layers: thermal shirt and pants, middle layer, wool/fleece sweater - see below (*cotton is **not** ideal for winter weather*)
- ☐ 2 pairs warm wool socks
- ☐ Extra clothing

### Optional Gear:

- |                                                                              |                                        |                                                         |
|------------------------------------------------------------------------------|----------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Personal Hand Sanitizer                             | <input type="checkbox"/> Bug Repellent | <input type="checkbox"/> Sunscreen                      |
| <input type="checkbox"/> Favourite Field Guide                               | <input type="checkbox"/> Binoculars    | <input type="checkbox"/> Flint and Steel, Compass, etc. |
| <input type="checkbox"/> Carving Knives (Older Kids, preapproved by teacher) |                                        |                                                         |

## Layering

**Layers** is the name of the game and especially in winter we want to choose clothing that wicks moisture, dries fast, insulates our bodies and is waterproof and breathable. The 3 Basic Layers:

**The base layer** – the layer next to your skin. Avoid cotton – synthetic and merino wool fabrics work best. These fabrics wick moisture away from your skin to your outer layers so it can evaporate. They also dry quickly. When it's really cold, it's common to wear 2 base layers: a lightweight or middle weight layer, then a thicker heavyweight layer.

**The middle layer** – keeps you warm! Fleece or microfleece shirts/pants, and jacket (a goose down jacket or similar).

**The outer layer** – the “shell”. This is your water- and windproof layer and is breathable. Think Gore-Tex, or other polyurethane-coated fabrics with vents (core/underarm) that help release heat. Remember snow pants as well!

There is no need to go with expensive gear – **check out the local thrift shops** for good quality things at fraction of the cost. We also from time to time have **pro deals** with companies and will let you know when that occurs. And be sure to check in with us and **our gear depot** as we may have what you need to borrow!

