

## **Nature Based Learning Fall: Clothing List**

### **Principles of Outdoor Clothing**

- Synthetic material or wool is best (it dries and is warm when wet, cotton is cold and wet)
- Layering is better than one thick layer (base layer, insulating layer, waterproof layer)
- Bright colours are better to be able to see your child

### **Clothing**

Students may not always need all of this every day but on a cold fall day this is the totality of what they would need to be comfortable.

- 1 synthetic base layer bottoms
- 1 synthetic base layer tops short and long sleeve
- 1 synthetic fleece jacket
- Waterproof/ breathable or just waterproof jacket and pants
  - Seams need to be taped to ensure waterproofness
  - Waterproof/ breathable are more expensive than a waterproof rain coat
- Synthetic pants, track pants/ hiking pant
- 2 pr. Synthetic/ wool socks
- 1 balaclava/ neck tube/ buff
- 1 toque
- 1 sun hat/ baseball cap
- 1 pr. mitts/ gloves (a back up pair is nice for wet weather)
- Sunglasses in a case
- Sunscreen (small container)
- Lip Balm/ chapstick
- Sturdy runners with good grips

### **Backpacks**

Hip belts are important with the grade 3-6 packs as they take the weight off student's shoulders. Jesse at Gear Trade has lots of great options for backpacks. He has kindly offered a significant discount for students of Explore.

- Kindie - about 10-15L [Click link for example](#)
- Grade 1-2 about 20L, [Click link for example](#)
- Grade 3-6 about 29-50L
  - You want to avoid getting backpacking packs as the frame is heavy you can try extra small women's packs as a lighter option [Example 1](#) [Example 2](#)
  - Try the pack on make sure it is not too big

### **Waterbottles**

Screw Top water bottles DO NOT Leak [Click link for example](#)

- Kindie - 500ml
- Grade ½ - 750ml
- Grade 3-6 - 1L

### **As Winter approaches and you are thinking about snow gear a few things**

- Good quality gear will make a difference
- Warm snow boots (Boogs are not always best unless there are extra socks)
- Snow Pants must be waterproof and not heavy as it will make kids tired
- Waterproof mitts and gloves are critical

### **Places to buy gear:**

- Gear trade (Okotoks business with backpacks and other hard goods). Tell Jesse that you are a family of Explore and he will help you with the pricing where he can :)
- Mountain Warehouse
- Mountain Equipment Coop
- Sport Check
- Kijiji
- Facebook Market place
- Children's Place
- Walmart (for base layers)
- Sporting life (good sales)

### **Food Ideas:**

#### **Fruit and Veggies**

- Fruit
- Dried Fruit
- Veggie sticks with hummus

#### **Protein**

- Deli Meat
- Beef Jerky
- Pepperoni Sticks
- Tuna and crackers
- Cheeze
- Hard boiled eggs
- Cream cheese
- Wraps
- Sandwiches

#### **Snacks**

- Energy Bars
- sesame snaps
- Granola bars
- Cookies

### **Putting it all together:**

- Tuna or Egg Salad Sandwiches are great
- Wraps with meat and cheese
- Wrap with cream cheese and peppers
- Bagels with cream cheese
- Crackers (stoned wheat thins) and cheese