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Clothing Lists for Forest School

At Natural Pathways Forest and Nature School programs, we subscribe to the saying that "there is no such thing as bad weather; only bad clothing." Dressed properly, children can enjoy their experience in the outdoors regardless of the weather. Learning how to dress appropriately is part of the experience. Your children will get wet and muddy and we encourage it!

Summer/Early Fall/Late Spring (hot and warm weather)

- Closed-toe, supportive shoes
- Long pants (pants will protect your child from scratches and insect bites)
- Waterproof rain gear—pants and jacket
- Rain boots
- Sun hat
- Sunscreen (optional)

Late Fall/Early Spring (cool weather)

Same as early fall plus:

- Long john top and bottom
- Warm top layer and pants (thick fleece is ideal) that fit under the rain gear

Winter (cold weather)

Students must have appropriate winter clothing to safely participate in the Forest School program especially in the winter months.

Base Layer (closest to the body):

- Long johns top and bottom—not cotton because cotton absorbs sweat and can make your child cold. Silk is great, but expensive; wool works, but can be itchy. Synthetic is the most affordable and effective.
- Non-cotton, reasonably thick socks (wool) Insulating Layer (between base layer and outer layer): Fleece pants—Fleece keeps the body much warmer than cotton. As they say, "Cotton is Rotten".
- Fleece jacket or pull-over

Outer Layer (top-most layer):

- Water-resistant snow suit (for younger children, ideally one piece; for older children, ideally a jacket with bib pants to insulate the upper body)
- Winter boots
- Non-cotton hat/tuque (snug-fitting that covers the ears)—fleece or thick, tightly knit wool
- Neck-warmer (fleece)—It is much safer for children to wear tube neck-warmers than scarves in the woods.
- Insulated mittens with water resistant outer material