

WINTER CLOTHING GUIDE



We believe that children learn and develop best when all of their senses are engaged. As a result, kids will be allowed to get muddy, wet, and dirty while at forest school.

Proper layering truly is the key to keeping kids happy and warm in winter weather! We hope that this guide is a helpful resource for you as you gather winter clothing for your child! The links listed in this guide are simply examples of ideal articles of clothing. While all students are required to wear proper base, mid, and outer layers, the only specific items that are required are marked as such.

As always, we are happy to answer any questions you may have!

LAYERING BASICS:

- ① base layer
- ② mid layer
- ③ outer layer

1 BASE LAYERS

Purpose: Regulate body temperature and wick moisture

Ideal Clothing Materials: Wool, merino, polyester

Necessary Clothing Items:

1. Base Layer Shirt
2. Base Layer Pants
3. Socks (not cotton)



2 MID LAYERS



Purpose: Trap heat, breathable

Ideal Clothing Materials: Fleece, merino, polyester

Necessary Clothing Items:

1. Mid Layer Shirt
2. Mid Layer Pants



③ OUTER LAYERS

Purpose: Windproof, waterproof

Necessary Clothing Items:

1. Insulated hooded jacket
2. Reima Waterproof Rain Pants (Required)
3. Reima Waterproof Rain Jacket (Required)



4 ACCESSORIES

Purpose: Keep ears, fingers, and toes warm

Necessary Clothing Items:

1. Warm hat or balaclava
2. Waterproof mittens
3. Bogs Classic Boots (Required)





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Base Layer Examples:

- [L. L. Bean Wicked Warm Underwear Set](#)
- [REI Co-op Merino Base Layer](#)
- [Patagonia Capilene](#)

Non-Cotton Sock Examples:

- [Smartwool Kid's Hiking Socks](#)



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Mid Layer Examples:

Tops:

- [L.L. Bean Mountain Classic Fleece](#)
- [Patagonia Baby Micro D Snap T](#)

Bottoms:

- [REI Co-op Toasty Fleece Pants](#)
- [L.L. Bean Mountain Fleece Pants](#)
- [Patagonia Micro D Fleece Bottoms](#)



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Outer Layers:

- [REI Co-op Down Jacket](#)
- [Columbia Powder Lite Hooded Jacket](#)
- [Columbia Humphrey Hills Jacket](#)
- [Reima Waterproof Rain Jacket & Pants \(Required\)](#)



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Accessories:

- [Polarn O. Pyret Insulated Mitten](#)
- [L.L. Bean Cold Buster Mitten](#)
- [Reima Insulated Mittens](#)
- [Bogs Classic Boots \(Required\)](#)



GENERAL TIPS

- **Please make sure your child is not wearing any cotton. Cotton absorbs moisture and stops insulating, which will leave your child feeling cold.**
- Winter clothing (boots included) should be loose fitting so that the body's natural layer of insulating warm air can surround the skin. Rain gear should be roomy enough to fit over all other layers.
- **The only specific items that are required are:**
 1. Reima Waterproof Rain Jacket & Pants (any color)
 2. Bogs Classic Boots (any color)
- We know children grow fast and quality clothing can be expensive. Our hope is that over the summer and early fall, you are able to bargain hunt, find these items second hand, or consider purchasing new and passing on to others when your child grows.
- These Harrisonburg locations are worth checking out:
 - Walkabout Outfitter
 - Once Upon A Child - Often have fleece pants and jackets
 - Goodwill - 2 locations in Harrisonburg
 - Costco - Often have synthetic base layers and mittens
- The following websites often have discounted outdoor gear:
 - Steepandcheap.com
 - Backcountry.com
 - Moosejaw.com
 - REI.com
 - Sierra.com



We are happy to answer any questions you may have about winter clothing.
As always, you can reach us at appforestschool@gmail.com