

What to Bring to Wilderness School

This is an outdoor program. It is imperative that your child be dressed in proper clothing to ensure that she/he is protected from the elements. We will spend our entire time outside, rain or shine. If your child is warm, she/he will be happy and able to participate in the fun! We believe there is no such thing as bad weather, just inappropriate clothing.

Recommended Brands—we have listed recommended brands that make quality products. We have learned from experience that it's better to invest in good gear than to have cold, wet feet and cranky kids. You are not required to purchase the brands we suggested, but please be sure to invest in quality gear.

LAYERING is key, as your child will be very active outdoors and, at times, sitting. Whatever a child is not wearing, will be stored in her/his backpack. Base-layers (i.e.; poly-propylene or capilene, wool, or silk/wool blends) are essential as they wick moisture off of the body. Hats are required in cold weather. We suggest getting a pair of boots that is one size larger than your child's foot. This will create "dead-air space" to assist in insulating the foot. The best insulation for the feet is one or two pairs of wool socks with water-proof boots that have wiggle room.

Extra Change of Clothes

Even on dry days, we might end up wet or muddy during exploration. It is important to have a change of clothes available. Please ALWAYS have an extra full set of clothes packed in your child's backpack and send your child to Wilderness School in clothing and footwear that can get dirty.

Resources for Finding Quality Gear

Finding quality gear takes some care, but it is critical to your child's enjoyment of nature. Make sure it really is waterproof by looking at the seams (they should be sealed). See the recommended brands on the gear list below. We highly recommend buying used items from garage sales, Goodwill, Salvation Army, facebook marketplace and Craigslist. Good deals can also be found on ebay and Poshmark.com, a used clothing website.





DISCOVERY WILDERNESS SCHOOL AMAZON LIST

For your convenience, Discovery Wilderness School has set up an Amazon List. You are not required to shop here; it just may help make shopping a bit easier.

https://www.amazon.com/hz/wishlist/ls/2NG863T3IOIZY?ref=wl_share

DISCOVERY WILDERNESS SCHOOL REQUIRED GEAR LIST

Picture	Item	Recommended Brands
	rain coat and rain pants OR a one-piece rain suit	Oakiwear, LL Bean, Polarn O. Pyret, Grundens.
	Base-Layer: long underwear bottoms and top (wool, wool/silk or synthetic)	Merino, kozi kidz, smartwool, ella's wool
	Wool sweater or fleece top, warm wool or fleece pants	Ella's Wool, merino, smartwool
	Play clothes that you don't mind getting dirty in warm weather. Long sleeves and lightweight pants or leggings protect legs from scratches, bug bites and poison ivy.	Garage sales and thrift stores!
	Snow pants and winter jacket	Columbia, gusti, chlorophylle, Northface, LL Bean grow with me jackets (seam can be cut to lengthen 1.5 inches for growth spurts)
	2 or more pairs of wool socks (or wool/silk blend)	Morino, icebreaker, smartwool, Ella's Wool

	<p>Rain boots AND snow boots OR insulated rainboots (rated for cold weather), recommended one size larger to accommodate for 2 layers of socks and extra room for air insulation.</p>	<p>Bogs, Muk, kamik, croc, natives</p>
	<p>Mud/water ready shoes for warmer weather (closed toe, and closed heel)</p>	<p>Natives, keens</p>
	<p>Wool or fleece hat that covers ears plus neck warmer (no scarves please) or balaclava</p>	<p>Morino, icebreaker, smartwool, Ella's Wool</p>
	<p>2 pairs of mittens or gloves (waterproof shell plus wool mittens work well) Extra long elbow-length mittens also work great.</p>	<p>Kombi, head mittens, Gordini mittens, abeko brand Polarn O. Pyret sells a rain mitten which when paired with a woolen mitten is perfect for our climate.</p>
	<p>Full size backpack that fits your child well- needs to have space for extra set of clothes, wet gear, and lunch/water bottle</p>	<p>LL Bean</p>
	<p>Lunchbox, Child-sized water bottle, and reusable containers/bags for lunches and snacks—we strive to be a zero-waste school, so please send food items in reusable containers.</p>	
	<p>Clothing Label Stickers with your family's last name. We will do our best to return all items with names labeled.</p>	

What to Wear Gear List

Please be sure to label all clothes and gear with your family name!

If the "feels like" temperature is...

less than 30° please wear

- sunscreen applied if necessary
- base layer: wool, wool/silk or polyester
- bulk layer: warm pants, sweater
- waterproof layer: winter coat, snow pants
- wool socks
- snow boots (insulated)
- warm hat that covers ears well
- gloves or mittens (waterproof/resistant)

Please pack extra...

- wool socks
- gloves or mittens (waterproof/resistant)
- warm hat

Above 50° please wear

- sunscreen and bug spray already applied
- layers
- long pants and sleeves to protect from bugs and plant scratches
- rain coat and pants /rain suit
- rain boots or mud-ready shoes (closed-toe, closed heal)
- sun hat (whatever kind your child likes)

30-50° please wear

- sunscreen and bug spray already applied
- warm under-layers
- regular clothes
- winter coat (waterproof/resistant)
- snow pants OR rain pants with a warm layer underneath
- snow boots OR rain boots with extra pair of warm socks
- warm hat
- gloves or mittens (waterproof/resistant)

Please pack extra...

- warm socks
- gloves or mittens (waterproof/resistant)
- warm hat

In backpacks each week

- water bottle
- snack and lunch (if here for the full day)
- extra complete set of clothes seasonally appropriate
- wet bag/plastic bag for wet gear

*Personal toys should be left at home or in the car. Such items are often lost and present a problem for the children.



Water, Snacks and Lunch

Water bottles: We will encourage children to take water breaks to stay hydrated throughout our time together. Please send a reusable child-sized water bottle in your child's backpack. We will have access to water to refill if necessary. An adult size water bottle is too heavy to be carried around by young children.

Lunches: We burn a lot of calories hiking, climbing, running and splashing. Students have access to their backpacks at any time during the program day, and frequently take time out to snack. On cold days, a thermos of hot soup, tea, or hot chocolate is a good idea, too. Microwaves and refrigeration are not available at the Parks. Please send food that does not need to be heated. If necessary, include an ice-pack in your child's lunchbox.

Trash: Please refrain from using disposables such as ziplock bags, tinfoil, and juice boxes, as we strive to be a zero-waste school. Any uneaten food and packaging will be sent home for recycling. Our staff will help the children during lunch to open containers and will assist them in any way.

Weather

We will be outside in almost all weather! There is no standard guideline for when it is too hot or cold to be outside. A sunny, 20 degree February day with no wind can feel much warmer than a 50 degree April day with wind and rain! Teachers will be mindful of temperature, precipitation, and wind chill, as well as of the physical and emotional state of the children. We will seek warmth from the campfire or hand-warmers when necessary.

Extreme Weather Cancellations

Because our school schedules two semesters (fall: September-November and spring: March-May), we will likely avoid most extremely cold days. At DWS, student safety is our number one priority. In the event of thunderstorms, icy roads, high wind speeds, or extreme wind chill, classes will be cancelled. Parents will be notified of class cancellation by 7:00 am via email, text message, facebook and Instagram announcement. There is one weather make-up day scheduled for the end of each semester. If additional weather days occur in a semester, those classes will not be made-up.