

Schlitz Audubon Nature Center

DRESSING FOR NATURE SCHOOL



We have learned a few things over the last 20 years about dressing for outdoor play in Wisconsin. Children are involved in many types of activities while at Nature School, many of them involving mud and water, and they should be dressed accordingly.

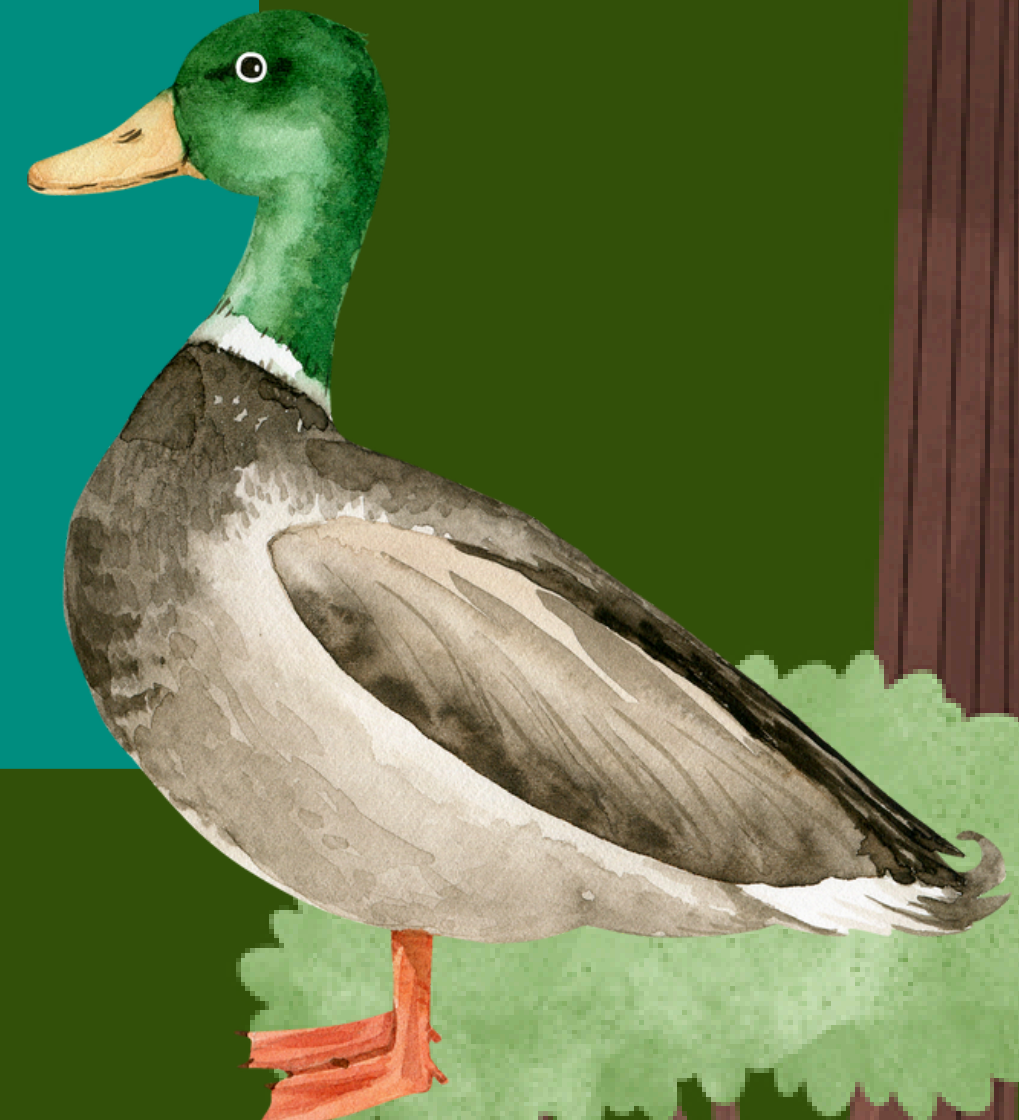


**Here are our tips for keeping your child
comfortable and safe while outdoors**



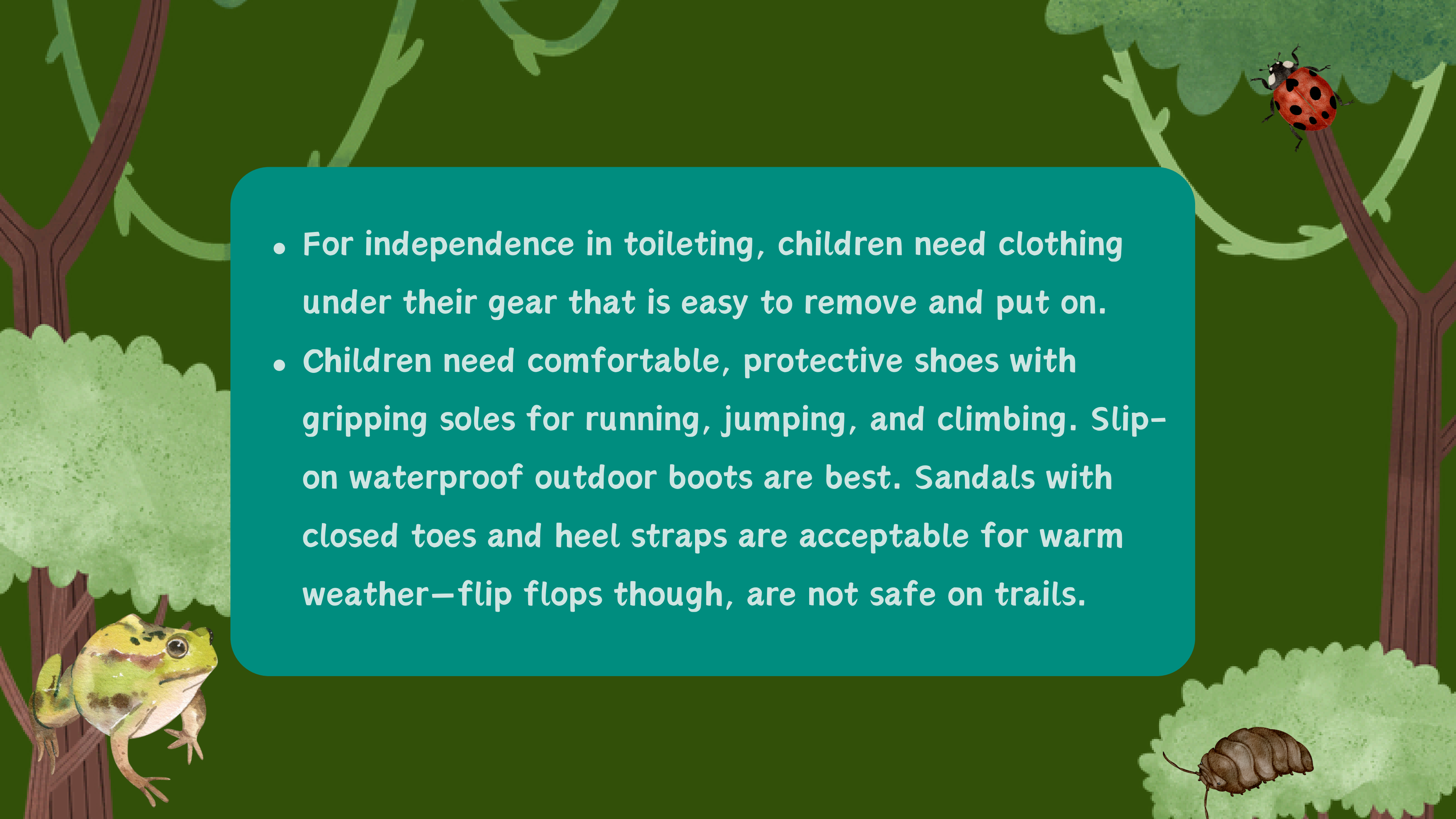
**EXPECT YOUR CHILD TO BE ACTIVE IN PLAY
AND HAVE THE POSSIBILITY OF GETTING WET
AND MUDDY EVERY DAY.**

- Rain gear is not just for rain.
- Play is messy and rain gear helps keep the students dry and comfortable.



- Children should be appropriately dressed for outdoor play everyday in all seasons. It is better to dress on the warm side and remove layers than to start cold and try to warm up.
- Outdoor exploration requires freedom from restrictive clothing including tight clothing, fancy dresses, and costumes that get in the way during active play.





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- The background is a dark green forest scene. On the left, a tree trunk is visible with a green frog perched on it. On the right, a tree trunk is visible with a red ladybug on it. At the bottom right, a brown caterpillar is on a small green bush. A teal rounded rectangle is in the center, containing a list of two bullet points.
- For independence in toileting, children need clothing under their gear that is easy to remove and put on.
 - Children need comfortable, protective shoes with gripping soles for running, jumping, and climbing. Slip-on waterproof outdoor boots are best. Sandals with closed toes and heel straps are acceptable for warm weather—flip flops though, are not safe on trails.



IMPORTANT!

To prevent mix-ups and lost gear, all clothing should be **LABELED** with the child's name.



EVERYDAY GEAR ITEMS

Reusable water bottle

Waterproof bag / backpack

Muddy / Wet Clothes Bag
A reusable / washable tote bag

can be popped into the wash machine with the dirty gear for quick clean up

Ziplock bag with appropriate seasonal change of clothes (inside of the bag / backpack)

The labeled change of clothes for emergencies should be kept in the student's waterproof bag



FALL GEAR ITEMS

Rain pants/bibs

Rain/Shell Jacket with hood

Rain boots

Longer socks (**no footies**)

Rain mittens (or shell mittens)

We HIGHLY suggest these!

Stretch mittens/gloves for under
rain mittens in cooler weather

Baseball style hat with brim



AS WEATHER COOLS – ADD THESE ITEMS

Warm mittens to wear
under waterproof mittens
(have multiple pairs)

Wool Socks

Mid-layer fleece jacket –
wear under rain jacket and
tuck under bibs





CHANGE TO THESE IN COLD WEATHER:

Warm hat that covers ears

Base layers

**Made of wool or high-tech
poly or function fleece –
never cotton**

Wool Socks

Hand and Toe warmers

We HIGHLY suggest these!

Insulated waterproof boots

Buy a size larger to
accommodate thick socks,
foot warmers, and to allow for
toes movement to stay warm.

Tight boots equal cold toes!



CHANGE TO THESE IN COLD WEATHER:

Insulated waterproof snow
jacket with hood
or
insulated waterproof snowsuit
with a hood

Insulated waterproof snow
pant
or
insulated waterproof
snowsuit

Waterproof rain suit to fit
over snow gear

**Our winters have been more
wet than snowy. This worn
over the snow gear helps
keep your child dry and
warm**

SPRING GEAR ITEMS

Rain pants/bib

Rain/Shell Jacket with hood

Rain boots

Longer socks (**no footies**)

Rain mittens (or shell mittens)

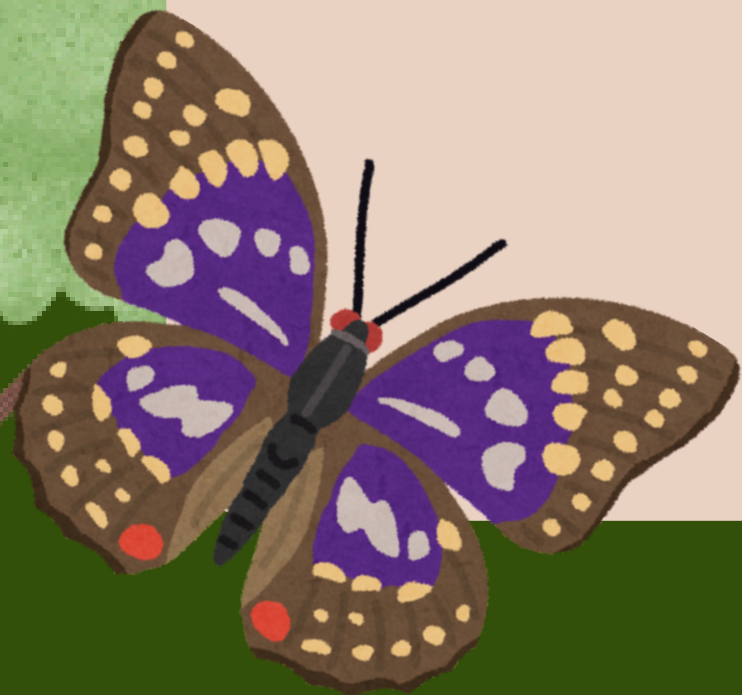
We HIGHLY suggest these!

Stretch mittens/gloves for under
rain mittens in cooler weather

Baseball style hat **with brim**



The appropriate gear assures your child will be comfortable and safe while playing and exploring outdoors in all types of weather throughout the school year.



WHERE TO BUY CHILDREN'S OUTDOOR GEAR

New Gear:

In the last few years, as more Nature-based schools have opened across the country, more high-quality brands have become available. Here are some links to brands and sites our families have recommended.

- Outdoor School Shop is an excellent source for gear and information. They carry many of the brands listed below all in one place. The Layering Guide and Regional Gear Checklist are excellent resources.



WHERE TO BUY CHILDREN'S OUTDOOR GEAR

New Gear Continued:

Reima

Oaki

Polarn O Pyret USA

Muddy Puddles

Helly Hansen

- BOGS Boots – a great time to purchase your BOGS boots is at the WEYCO SALE shoe sale in Glendale. It is held three times a year.

- REI Outlet



WHERE TO BUY CHILDREN'S OUTDOOR GEAR



Used Gear:

Buying Used Gear helps the planet and your finances.
Here are some links to places our Nature School families
have recommended finding quality used items.

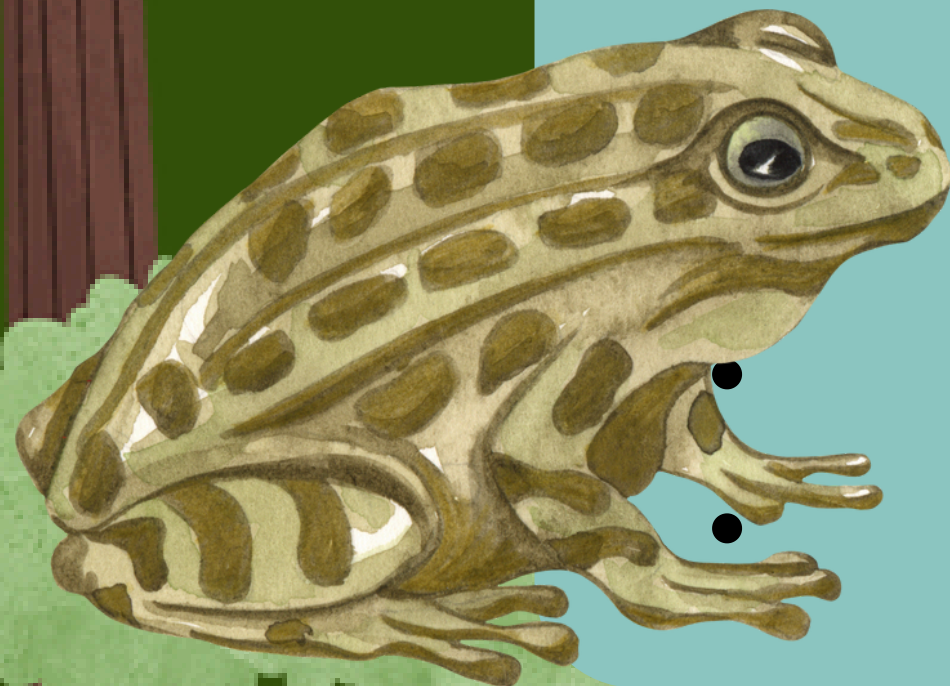
- Kids Cycle North Shore (must join group)

Poshmark

Facebook Marketplace

REI Used

Patagonia Used



REMINDERS:

All children must also have a labeled change of clothes for emergencies kept in their waterproof bag. This should include extras of underwear, pants, shirts, and multiple sets of socks.

This extra set of clothes should be changed for each season (replace shorts with long pants, etc. when the weather gets colder).



REMINDERS:

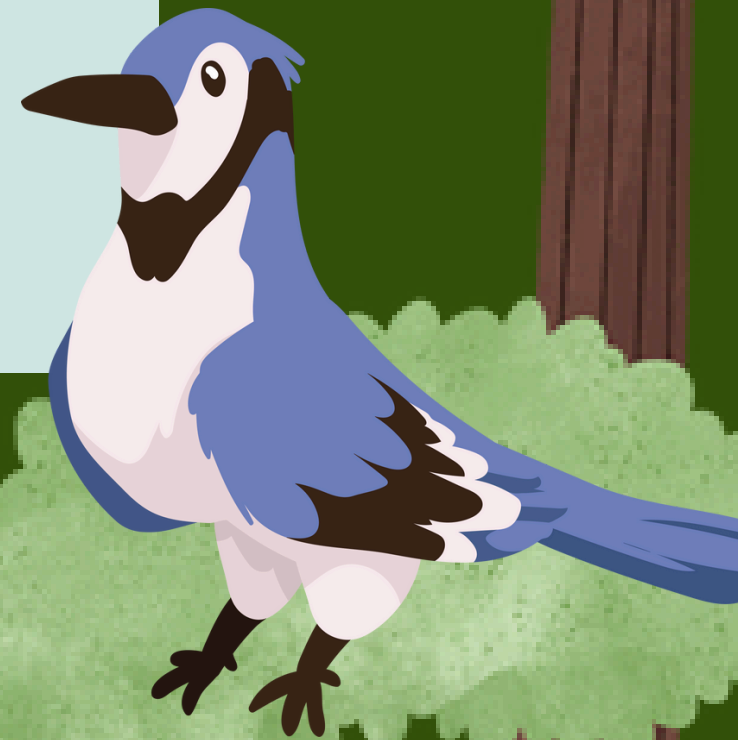
Don't forget to check your child's gear bag daily for wet items that need to be removed.





REMINDERS:

- **Avoid washing gear**
- **Washing removes the waterproofing.**
- **Let mud dry and brush off.**
- **Hang dry items, do not dry in dryer**



GEAR LENDING LIBRARY

Extra gear is available in the hallway near the Nature School reception desk for days when your child becomes too cold or wet to continue outdoors safely and on the occasion when families forget an item.

Please return the items as soon as you can after use so they are available for other families that might need them.



CONTACT

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