

DCP Outdoor Learning: Recommended Clothing

The following clothing is required to ensure your child is able to be comfortable and able to enjoy our outdoor learning experiences. A wet and/or cold child is a miserable child. Having the proper weather gear ensures that they can play and explore happily no matter what the weather.

ALL clothing/bags/food containers/drink cups must be labeled with your child's name!

FALL:	WINTER:	SPRING:
<p>MUST HAVES:</p> <p>Well fitted shoes that stay secure on your child's feet for climbing, running, exploring</p> <p>Jacket/sweatshirt</p> <p>Rubber boots (rain boots) or multi-season insulated boots (ex Bogs)</p> <p>Rain Suit (or rain pants & rain coat with hood)</p> <p>OPTIONAL:</p> <p>Sun hat</p>	<p>MUST HAVES:</p> <p>Warm, water-resistant Winter coat</p> <p>Mittens (preferably waterproof)</p> <p>Winter hat (preferably covers the ears)</p> <p>Rubber boots (rain boots) or multi-season insulated boots (ex Bogs)</p> <p>THINK Base Layer clothing that is non-cotton material (wool, poly-propylene or capilene, fleece)</p> <p>OPTIONAL:</p> <p>Insulated Boots (snow boots) or bogs</p> <p>Wool/fleece socks</p> <p>Snow pants (one piece snowsuit)</p> <p>Neck Warmer</p>	<p>MUST HAVES:</p> <p>Well fitted shoes that stay secure on your child's feet for climbing, running, exploring</p> <p>Jacket/sweatshirt</p> <p>Rubber boots (rain boots) or multi-season insulated boots (ex Bogs)</p> <p>Rain Suit (or rain pants & rain coat with hood)</p> <p>OPTIONAL:</p> <p>Sun hat</p>

One piece rain suits (Must Have this or rain pants):

These are very popular for children in preschool & kindergarten and are a great option for ensuring your child stays warm and dry. *They do not provide insulation during cold, winter days so be sure to dress your child warmly under their rain suit during the winter months* When choosing a size, make sure you think of what clothing your child will be wearing underneath as well as allow room for your child to grow into it. Many families find that choosing a size or two larger allows their child to use the suit in Kindergarten too. We

recommend on rainy days to have a large plastic (or washable reusable bag) in your car. Children can step into the bag, peel off the rain suit and climb into the car dry & clean.

Highly Recommended Brands:

Oakiwear, Tuffo Muddy Buddy, Ducksday (Ollie and Stella Outfitters), Reima, Polarn O Pyret

Rain Pants (Must Have this or rain suit):

These are required if you don't have a rain suit. Children that get wet and stay wet are generally uncomfortable. Rain pants or a rain suit goes a long way in making children comfortable in exploring and playing at outdoor preschool.

Highly Recommended Brands:

Jan and Jul lined rain pants, Grundens, Columbia, Oakiwear, Ducksday (Ollie and Stella Outfitters), Lands End, Reima, Kuling, Celavi (Biddle & Bop), Polarn O Pyret Waterproof Suspender Shell Pants

Snow Pants (optional):

While we don't experience many snow days in North Carolina, gear that is made for winter weather is typically durable and warm. Your child will enjoy being outside if they are appropriately dressed for the weather! This is an option for your child to be snug during winter.

Footwear:

Well-fitted Shoes (Must Have's):

Your child must wear well fitted shoes that easily stay on your child's feet **every day** for outdoor preschool. Sandals with closed toes and heel straps are acceptable for warm weather. Flip flops, Crocs and dress-up shoes are not acceptable for safety reasons.

Rain boots (Must Have's):

These aren't just for rainy days. Often the grass is wet or the ground is muddy in the fall and spring, so wearing rain boots during our adventures will help ensure your child has dry, clean feet at the end of the morning.

Highly Recommended Brands:

Bogs - They have a style that can be used as rain boots AND winter boots. Make sure your child has enough room in the boot for wearing warm socks!

Winter Boots (optional):

Get a winter boot that is one size larger than your child's foot (this is with socks on). This creates a "dead-air space" to assist in insulating the foot. The best insulations for feet are wool socks with waterproof boots.

Highly Recommended Brands:

LONECONE neoprene boots, Boggs (Make sure it is the insulated style that can be use in Winter)

Baffin Boots, Kamik,

NOTE: Make sure your child has enough room in the boot for wearing warm socks!

A word on Socks:

Fall/Spring: Crew socks. Ankle height socks slip down off their foot when children are wearing boots.

Winter: Wool Socks

MYTH: If one pair keeps your feet warm, then two pairs should keep them even warmer. Boots are designed to hold your feet and one pair of socks, not two. The second pair compresses

your foot, cutting off circulation and making your feet colder than they would be with a single pair.

Highly Recommended Brands:

SmartWool (you can often buy for discount at Sierra Trading Post
<http://www.sierratradingpost.com>)

Gloves versus Mittens:

We recommend mittens vs gloves as mittens are easier for children to put on/take off independently. In addition, we highly recommend mittens with a zipper as it makes it easier to put them on and they are able to go over the child's coat sleeves, creating a barrier from the weather.

Buy at least two pairs of mittens/gloves to ensure your child has a dry pair each day.

On cold, wet winter days thin knit gloves/mittens will not be enough to keep your child's hands warm.

Highly Recommended Brands:

Head, Polarn O Pyret, Gordini, Outdoor Research, SnowStoppers, Stonz, Burton, Didrikson (from Alex and Alexa), Reima Ote, Kombi

Headgear:

Sun Hats (optional):

This is a great way to protect your child from the sun. Sun hats are different than baseball hats as they protect the back of the neck. Some examples:

<https://www.sundayafternoons.com>

<https://www.rei.com/c/kids-sun-hats>

Neck Warmers (optional):

Scarves are not safe for the children when we are climbing and exploring in the woods.

Children might need a neck warmer that can go under their coat when zipped and add more warmth with their winter coat.

Other Information:

Dressing in layers is the key to ensuring your child stays warm. It also allows your child the option to remove layers if he/she becomes too warm. We will be very active outdoors but will also spend some time sitting for circle time and observation activities.

Base Layer: On wet and cold days, pay close attention to the layers close to their skin. Students should have a base layer that is made from materials such as **poly-propylene or capilene, fleece or wool** that takes moisture off of the body and transfers it to other layers, rather than soaking through. This is called "wicking." *Cotton holds moisture close to the body and makes a person cold and damp.*

Example Brands: Cuddleduds, SmartWool, Mamma Owl, Nui Organic

Regular Clothing:

Our activities outside require freedom from restrictive clothing. This includes tight clothing, fancy dresses and costumes that get in the way during active play. Children will likely get messy, so wearing clothing that can get dirty is essential!

Extra Clothing:

All students should have 1 bag of extra clothing that is kept in their backpack. **It should contain the following: underwear, pants, shirt and at least 2 pairs of socks.** This extra set of clothes should change with the seasons and be appropriate for the expected climate. When items are used the bag should be restocked.

Where to Buy:

Gear does NOT have to be expensive! If you buy quality brands, you can buy it used and it will still be weather-proof.

Shop sales, garage sales and community social media pages (past families may likely be willing to sell you their gear for a discount!), used clothing stores (Goodwill, Once Upon a Child, Savers) and the following:

- Costco
- Beanstalk (Durham, local, used)
- Sierra Trading Post: <http://sierratradingpost.com>
 - Carries many brands including Oakiwear at a discount!
- Mills Fleet Farm: <https://www.fleetfarm.com>
- [www.Amazon.com](http://www.amazon.com)
- Ollie and Stella Children's Outfitters (<http://www.ollieandstellaoutfitters.com>): Ducksday Line
- WeeWoollies <https://www.weewoollies.com/collections/frontpage>
- Resale kids online: [Kidizen](http://www.kidizen.com) or [Mercari](http://www.mercari.com) or [Poshmark](http://www.poshmark.com)
- Outlet Stores
 - <https://www.rei.com/rei-garage>

How to Dress for the Weather Resources:

Article: How to dress your kids for the outdoors

<https://www.rei.com/learn/expert-advice/how-to-dress-your-kids-for-the-outdoors.html>

Video - Getting Dressed for Winter: Active Kids

https://www.youtube.com/watch?v=McUKYXGLHfs&fbclid=IwAR30SO5VRhj4LVsrBqqVaEGxei2xYqKhnsFxxz_pGMUA-xu0hXPYCFSGMtM