

Dressing for the Outdoors – Clothing List

for Lisa's Playhouse & Tír na nÓg Forest School



Dressing for the Outdoors – Clothing List

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www.terrykellyproductions.com

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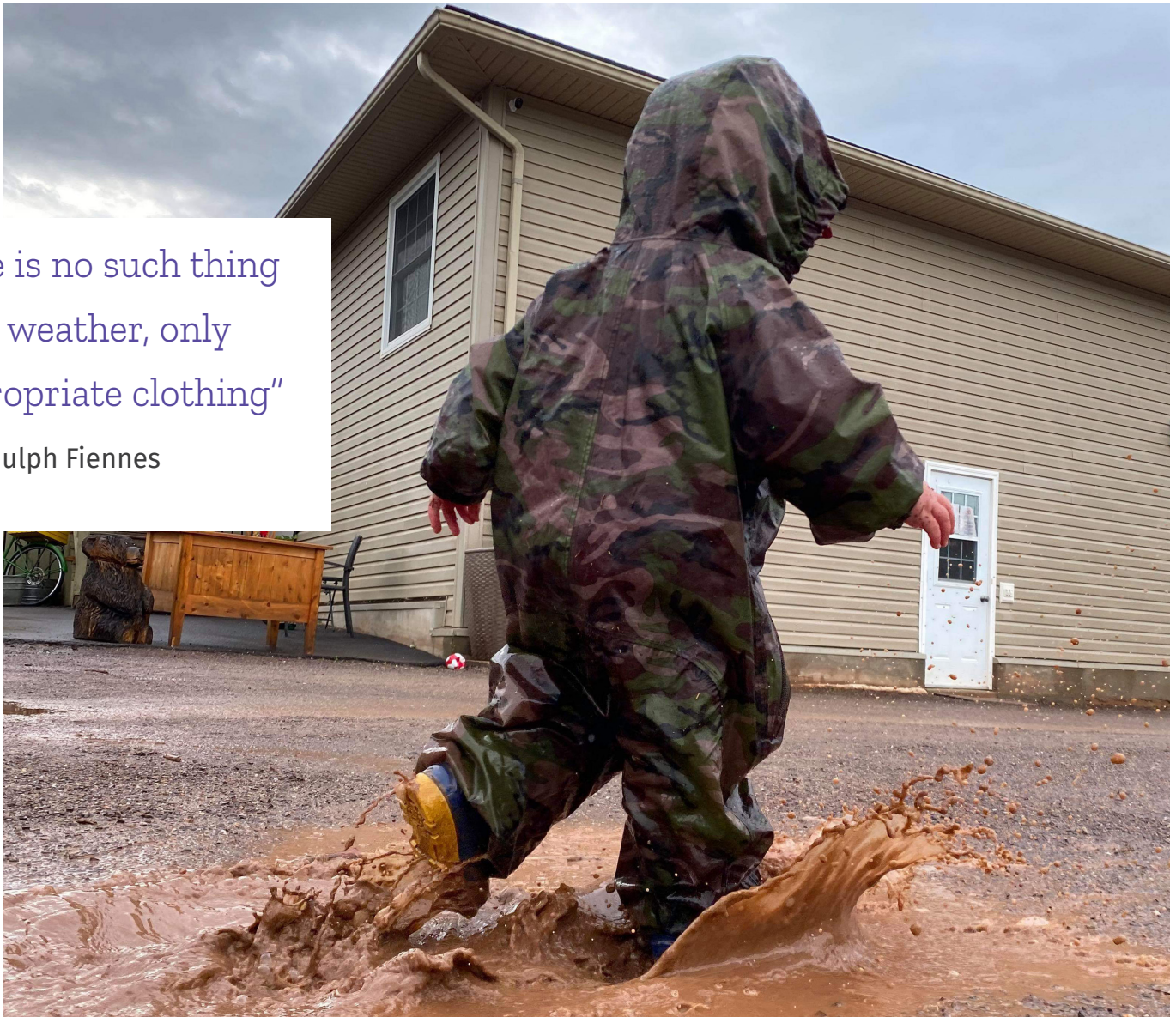
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"There is no such thing
as bad weather, only
inappropriate clothing"

~ Sir Ranulph Fiennes



Dressing for the Outdoors

THE CLOTHING LIST GUIDE

ALL OUR PROGRAMS ARE MAINLY OUTDOORS including our babies.

This is the healthiest place for them to be for many reasons. One being that they are not all breathing the same air and spreading nasty germs, especially important during COVID! Of course, safety is our main priority in both cold and hot temperatures. See more info below.

We ask that you drop your child off for the day dressed for the weather conditions at the time — not the predicted forecast which may not unfold until later in the day.

† Please Read This
Section Very Carefully
And Refer To It Often!

† As Weather Patterns
Shift With The Changing
Seasons, It Is Very
Important To Adjust The
Type And Quantity Of
Your Child's Clothing!

Importance of Clothing

IT'S A KEY INVESTMENT

CLOTHING IS ONE OF THE MOST IMPORTANT ITEMS you should invest in to keep your child comfortable in the outdoor elements. A child that is consistently warm and dry throughout the day will be much happier and more likely to fully enjoy the benefits of learning in an outdoor environment than a child that consistently comes unprepared for the day's weather and is often cold and wet.

Each child will have their own individual level of tolerance for wet/dry and cold/warm conditions. Some children will require multiple changes of clothing per day, while others will make it through the day with no changes at all.

You don't have to invest in stylish, expensive brand names to keep your child warm. Thrift stores and online used clothing sites are great places to look for children's clothing at more affordable prices. We have included a list of some of our staff's favourite local, provincial and online supply stores where you will find a broad selection of outdoor clothing and accessories for all ages at a range of price points. We encourage you to take some time to "shop around" and evaluate your choices carefully.



Layers are key

LAYER THEM UP

THE ITEMS YOU WILL WANT TO SPEND MORE MONEY ON ARE THE OUTER LAYERS OF CLOTHING which is your child's first line of defense against the elements. These items are more likely to be found at specialty stores or by chance at thrift or online stores. Middle and base layers are where you can save money by shopping for these items exclusively at thrift stores. Here is a breakdown of outer, mid and base layers:

First Layer: Natural fabrics such as wool or silk work well as an inner layer, as well as fleece. Try polyester pajamas! The key for this layer is to wick moisture away from the skin and insulate the skin with a breathable layer to keep them warm. Think of dressing kids as being similar to frosting a cake! (Hint: the child is the cake!) Before the cake is perfectly frosted, you need a good crumb coat or base layer. No cotton, when it gets wet, it stays wet and chills the body.

Second Layer: This is another insulation layer that creates 'dead-air space' between your child's skin and the elements. This airspace helps in keeping your child warm. Wool sweaters (Merino wool is exceptionally warm and soft on sensitive skin) and fleece tend to work well.

Third Layer: Waterproof and wind-proof, as well as breathable.



Getting Dirty

IT'S GOING TO HAPPEN!

Your child will get dirty at Lisa's Playhouse & Tìr na nÓg Forest School. We ask for a full change of clothes (fit for the correct season) to be at school in their bags at all times. We will let you know if we have used something from the bag during the day and you can send replacements. Tip: Put an empty bin in your trunk. When you pick up your kids and their clothing is wet and dirty you can strip the outer layer off and put it in the bin. This way your vehicle doesn't get plastered in mud. We try our best to hose them down, but kids are like magnets to mud and dirt. It is so healthy for them and we do not discourage them to do so. <https://www.abacus.edu.hk/wp-content/uploads/2017/10/Mud-Marvelous-Mud.pdf>

Labeling Your Child's Belongings

THINGS GET LOST

Please Label all your children's clothing, including extra clothes in their bin. This also includes mittens, coats and boots. You can purchase labels at Oliver's Labels and 20% of your purchase will go towards fundraising efforts. Here is the link www.oliverslabels.com/LisasPlayhouse. You can also use a plain old Sharpie marker!

Unlabeled clothing will be placed in a lost and found basket. Any unclaimed items will be donated to the Sussex Sharing Club each month. Please ask to check this basket frequently if you are missing something. We have many children with the same or similar items of clothing, proper labelling will ensure that items go home with the right child!



Olivers labels helps everyone

20% of your purchase will go towards fundraising efforts. Here is the link

www.oliverslabels.com/LisasPlayhouse

Fall/Spring

HOW TO DRESS YOUR KIDS FOR FALL/SPRING

- Good quality rain wear (coat and pants) will enhance your child's enjoyment of the wet weather. When purchasing clothing think about whether it will keep your child dry, warm, and comfortable. (the dew can be heavy in tall grass on Fall/Spring mornings)
- Long-sleeved shirt
- Long pants
- Fleece or wool sweater
- Sun Hat
- Warm hat for cool mornings
- Rubber boots that are one size too large with two pairs of socks (one thin pair and one thick – wool and SmartWool™ are excellent for socks. Make sure boots do not leak.
- Long socks (wool is best) Short socks in rubber boots are not comfortable!
- Light mittens — light gloves are not recommended. They do not allow the child's body heat to aid in keeping fingers warm and most young children cannot reliably get their fingers into all the correct holes!





Extra Bag

(THAT STAYS AT SCHOOL LABELED WITH YOUR CHILD'S NAME ON IT)

- ☐ 2 pair of underwear
- ☐ 2 pairs of long socks
- ☐ 2 long-sleeved shirts
- ☐ 2 short sleeved shirts
- ☐ 2 pair long pants (no jeans.... sweatpants or leggings are a great choice)
- ☐ 1 pair of indoor shoes

How to Dress Your Kids for the Outdoors

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

Winter

HOW TO DRESS YOUR KIDS FOR WINTER

- **BOOTS:** insulated, waterproof boots with room for extra socks. Get boots with a removeable liner. Feet need wiggle room inside their socks. When our boots are tight, we get cold feet because blood flow is restricted.
- **FIRST LAYER:** wool, silk or polypropylene long underwear top and bottom – NO COTTON!!
- **SECOND LAYER:** long sleeve wool or fleece sweater, fleece pants, Denim (especially blue jeans) is not recommended.
- **THIRD LAYER:** Insulated waterproof jacket with hood, insulated waterproof pants
- **HAT:** Warm, waterproof hat that covers the ears.
- **NECK WARMERS:** Warmers or balaclavas are important on very cold days. A balaclava under their hats prevents their faces from getting cold. Fleece or soft wool is best. Please no scarves as they are dangerous for climbing.
- **MITTENS:** Wool mittens with waterproof cover OR fleece-lined, insulated mittens.
- **LIP BALM or Petroleum Jelly:** Young children's lips get dry and chapped during the winter. Babies' lips are always wet thanks to drooling, lip-licking, and drippy noses—and that moisture can break down the protective top layer of skin. This leaves lips vulnerable to cold, windy air. PLEASE LABEL THIS TOO! This can be kept in their extra clothes bag that stays at school.

Safety: In the winter, children will not be outdoors in temperatures any lower than -20° C. In the woods the windchill is much lower and that will be taken in consideration.

We watch closely for any signs of your child being too cold such as shivering and take quick breaks inside between intervals of around 30 minutes of play to keep body temperatures warm. We also keep an eye that your child drinking enough water. This helps regulate body temperature.

We do not like using the commercial handwarmers because they are toxic for young children, so we have come up with putting smooth stones in slow cookers during the colder weather. When a child is feeling chilly, we put the warm rock into a sock and they can use it to take the chill off. Just like being at the spa! Of course, after each use the rocks are sanitized and reused for the next day.

Note: On cold days we keep the kids moving by playing running games, hiking, etc., Movement generates heat; clothing insulates and keeps it in. Hot chocolate is served as a treat on the colder days. Our educators fire up the Kelly Kettle and they all enjoy a hot drink to warm up their internal furnace!





Tips for Dressing Your Kids in Winter

<https://www.rei.com/learn/expert-advice/tips-for-dressing-your-kids-in-winter.html>

Playing in the Cold Cultivates Resilience!

<https://pineproject.org/resource/playing-in-the-cold-cultivates-resilience>

Get dressed for winter

<https://www.youtube.com/watch?v=McUKYXGLHfs>

How cold is too cold for outdoor recess? Guidelines vary across Canada

<https://globalnews.ca/news/5027337/indoor-recess-canada-winter>

Note: Cold weather calls for more food in your child's lunch box to keep your child's internal furnace burning. Pack high-fat snacks like good quality chocolate, cheese, and nuts, because fat is a slow-burning fuel that keeps your body going for the long haul, which becomes even more important in the cold. **Hot soup** in a thermos is ideal too.

Winter with babies

HOW TO DRESS YOUR BABIES FOR WINTER

Because babies and toddlers have tender skin, the rules are different compared with the older children. Since babies lose heat more rapidly than adults do, experts agree that a good rule of thumb is dressing your child in one more layer than you would wear in the same conditions.

Follow the layering system, here are some handy tips especially for babies...

- One-piece rain suits work better on babies than two-piece ones.
- Leg warmers: Cut the sleeves off old long-sleeved wool or synthetic sweaters to fit baby legs nicely or cut the toes off old wool socks then slide the socks on to your baby's legs to add a warm base layer.

What you need to keep your Canadian baby warm

<https://www.babycenter.ca/a1023209/what-you-need-to-keep-your-canadian-baby-warm>

6 benefits of outdoor napping for babies

https://activeforlife.com/outdoor-napping-for-babies/?gclid=Cj0KCQjwvvj5BRDkARIsAGD9vLL0EpBQyVwjm0bLhFqS028pYMOi3lADMjJHmpucUgGWGZAqjRHed-4aAjPzEALw_wcB

Why Scandinavians Leave Their Babies Out In The Cold

<http://rainorshinemamma.com/why-scandinavians-leave-their-babies-out-in-the-cold/>

Safety: In the winter, the babies/toddlers will not be out in temperatures **any lower than -10°C** including **windchill below -10°C**. The educators will be very attentive to check for hands and feet and any exposed skin for any signs of discomfort.

Summer

HOW TO TO DRESS YOUR KIDS FOR SUMMER

In the summer, the children (2 and up) are considered safe in temperatures 33°C with humidity or above. In shade areas the temperature is lower. When it goes over the children will come inside.

For the babies, when the temperature goes above 26°C with humidity they will head inside where it is cooler.

TIPS:

- Footwear that is closed-toed (no sandals or flip-flops). Sturdy shoes, waterproof if possible, even when it is not raining. In the morning there is usually lots of dew on the ground.
- A long-sleeve light coloured shirt (not a dark colour as it holds the heat) We recommend light cotton or synthetic quick-dry.
- Light weight, durable pants
- A sun hat that covers the ears. Children are required to wear at all times. Our programs are altered slightly by following the position of the sun. It is amazing how cool it is when towering trees shade the hiking trails.
- Sunglasses.





Safety: When we hear thunder or see lightening, we automatically bring the children inside. Research shows that it is safe to venture outside again at least 30 minutes after the last clap of thunder.

Shopping links to help get you started

REMEMBER TO CHECK LOCAL THRIFT STORES TOO!

AMAZON™

Rubber Boots

https://www.amazon.ca/Amoji-Chelsea-Wellies-Children-Waterproof/dp/B085XS4VNS/ref=redir_mobile_desktop?ie=UTF8&aaxitk=NtNhqVupZLsbU2kilZfejQ&hsa_cr_id=8480743000801&pd_rd_r=0504f549-2c88-4aab-a305-94ad783863ae&pd_rd_w=sEwIV&pd_rd_wg=AqZh8&ref=sbx_be_s_sparkle_mcd_asin_2_img

Winter Boots:

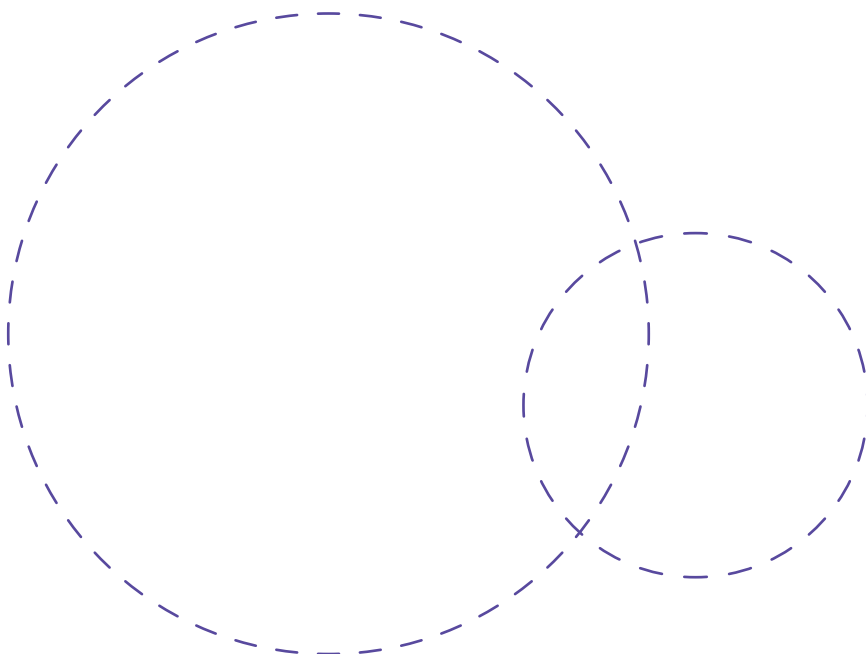
https://www.amazon.ca/Kamik-Girls-Waterbug5-Snow-Boot/dp/B078Q8T79N/ref=sr_1_20?dchild=1&keywords=kamik&qid=1598020149&sr=8-20

Mittens – (Babies)

https://www.amazon.ca/Stonz-Mittz-Canada-Mittens-Weather/dp/B07HC5V9RK/ref=sr_1_fkmr0_1?dchild=1&keywords=Stonz+Mittz+The+Canada+Mittens+-+Cold+Weather+Gloves+and+Big+Kid+Mittens+for+Toddlers+with+3M+Thinsulate+-+Blue%2FBlack+%284-8+years%29&linkCode=gs3&linkId=35234c9bcb94129714f41da2a3e15e9&qid=1597929164&sr=8-1-fkmr0&tag=rainorshineca-20

Mittens (Preschoolers)

https://www.amazon.ca/Stonz-Mittz-Weather-Mittens-Thinsulate/dp/B01BZPAFR6/ref=sr_1_fkmr0_2?dchild=1&keywords=Stonz+Mittz+The+Canada+Mittens+-+Cold+Weather+Gloves+and+Big+Kid+Mittens+for+Toddlers+with+3M+Thinsulate+-+Blue%2FBlack+%284-8+years%29&linkCode=gs3&linkId=35234c9bcb94129714f414da2a3e15e9&qid=1597929500&sr=8-2-fkmr0&tag=rainorshineca-20



"Today, kids are aware of the global threats to the environment – but their physical contact, their intimacy with nature, is fading."

~ Richard Louv

NATIONAL SPORTS™

Mittens

https://www.nationalsports.com/products/ripzone-toddler-rosette-mitt-skydi-ver?variant=29220567810127&gclid=Cj0KCQjwvvyj5BRDkARIsAGD9vIKriZDJcFzhj0kBL_8IPO4ymOIXTADfnQbM0cfvgxhp-D_RU8_bf3EaAvhmEALw_wcB#fo_c=2635&fo_k=ee838aa737caadebd996d4815f37ca36&fo_s=glpaca&utm_campaign=gs-2018-09-20&utm_source=google&utm_medium=smart_campaign

MOUNTAIN WAREHOUSE™

First Layer (Base)

<https://www.mountainwarehouse.com/ca/kids/base-layers/>

Second Layer (Insulating):

<https://www.mountainwarehouse.com/ca/kids/fleece/>

<https://www.mountainwarehouse.com/ca/kids/babywear/baby-fleece/>

Third Layer (Outer):

Socks:

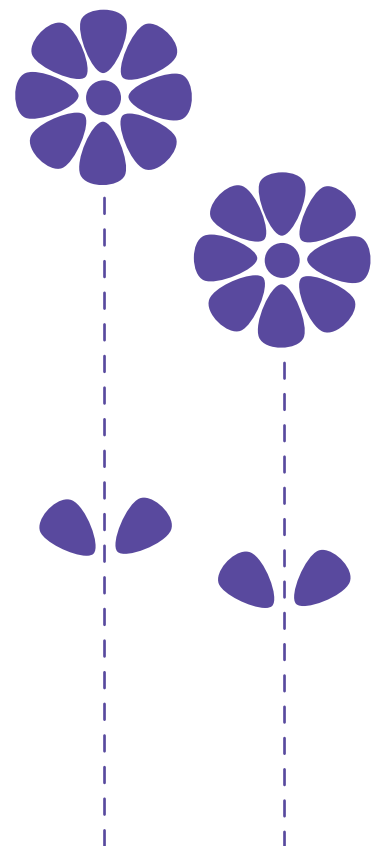
<https://www.mountainwarehouse.com/ca/kids-welly-socks-p25929.aspx/navy/>

Neck warmer:

<https://www.mountainwarehouse.com/ca/kids-sherpa-fleece-neck-gaiter-p11864.aspx/cobalt/>

Toddler Rain Suits:

<https://www.mountainwarehouse.com/ca/kids/toddler/rainsuits/>





KAMIK CANADA™

Rubber boots

<https://www.kamik.com/collections/kids-rain-boots>

Winter boots

<https://www.kamik.com/collections/kids-footwear-winter-boots/products/snobuster1>

<https://www.kamik.com/collections/kids-footwear-winter-boots/products/waterbug5>

Slippers for indoors

<https://www.kamik.com/collections/kids/products/cozycabin-2>

Toddlers boots

<https://www.kamik.com/search?q=toddlers+footwear>

H & M™

Waterproof Mittens:

https://www2.hm.com/en_ca/productpage.0701771007.html

Light mitts for Fall:

https://www2.hm.com/en_ca/productpage.0802202007.html

Baby/Toddler Waterproof Mittens:

https://www2.hm.com/en_ca/productpage.0765682002.html

Rain Suits:

https://www2.hm.com/en_ca/search-results.html?q=rain+gear

Base Layers (first): Clothing

https://www2.hm.com/en_ca/search-results.html?q=rain+gear

JAN & JUL™ (A Canadian Company!)

Rain gear and other good stuff!

<https://janandjul.com>

DECATHLON™

Rain gear, boots and other good stuff!

<https://www.decathlon.ca/en/2229-kids-baby-clothes-and-shoes>

Rain gear and other good stuff!

<https://janandjul.com/>



"Teaching children about the natural world should be treated as one of the most important events in their lives."

~ Wendell Berry





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