



## Nature Kindergarten Supply List 2019–2020

Children will need to be dressed appropriately for the weather each day, with extra clothes according to the season. Due to possible changes in weather conditions over the day, it is important to send extra clothes with your child.

For cold weather, please consider following factors in dressing children:

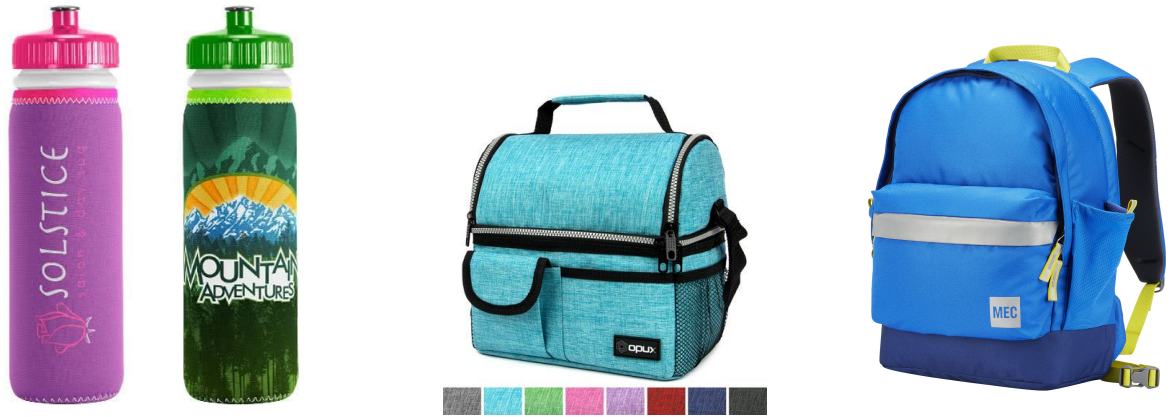
1) **Insulation:** Natural fabrics such as wool or silk work well as an inner layer; alternatively, use fleece. The key for this layer is to wick moisture away from the skin and insulate the skin with a breathable layer to keep them warm. **Cotton is not ideal for cold weather situations.**

2) **Middle Layer:** This is another insulation layer that creates 'dead-air space' between your child's skin and the elements. This airspace is essential in keeping your child warm. Wool sweaters and polar fleece tend to work well.

3) **Outer Shell:** Waterproof and wind-proof, as well as breathable.

### All Season Supplies:

- Small backpack
- Lunch kit with thermal layer and two healthy snacks
- Full Water bottle with push/pull cap (500 ML)
- One complete extra change of clothes [including underwear and socks in a labelled ziploc bag]
  - 1 box of Hotpaws to keep toes and fingers warm on the colder winter days.
  - 2 Boxes of Kleenex
  - 2 packages of Compostable Baby Wipes



### Fall Outerwear:

- Rain gear [waterproof boots, waterproof rain suit (<https://oaki.com/> is the best brand)], with extra insulation layers on colder days
- Velcro Sneakers for running on dry days [please no open toe shoes even in summer]
- Hat
- Warmer sweater or jacket for colder days



<https://oaki.com/>

### Winter Outerwear:

- Winter hat [must cover ears and stay on the head]
- Balaclava or neck warmer [no scarves please due to risk of strangulation]
- Two pairs of warm, waterproof mitts

- Warm, waterproof snowsuit
  - Warm, waterproof boots [Sorel, Baffin or Kamik so that liners can be removed and dried]

### **Spring Outerwear:**

- Rain gear (see above) [waterproof boots, waterproof rainsuit], with extra insulation on colder days
- Velcro Sneakers for running on dry days [please no open toe shoes even in summer]
- Hat
- Warmer sweater or jacket for colder days

### **Summer Outerwear:**

- Rain gear [waterproof boots, pants, jacket]
- Velcro Sneakers for running [please no open toe shoes even in summer]
- Sun Hat [for warmer months]
- Lightweight clothing [silk/cotton ideal, synthetic fibres do not breathe well]