



Morning
Song
Forest
School

Education Through Nature Immersion

Clothing & Gear List

Because Morning Song Forest School embraces all seasons and aims to remain outside during many types of weather, it is **essential** that your child has clothes and gear that will allow them to play comfortably. We adhere to the motto: “There is no such thing as bad weather, only inappropriate clothing choices.” Below you will find a list of **necessary** items. This list of required gear is subject to change as the school year progresses and children’s engagement with natural elements is evaluated. **All items should be labeled with your child’s name.**

Where to Obtain Gear:

- Insulated rain boots are best, one of our favorite brands is “Bogs” which can be found easily online.
- Online retailers with reasonable prices and selection for required gear:
 - www.sierra.com
 - www.reioutlet.com

Second-hand clothing and gear are also readily available online at:

- www.poshmark.com
- www.mercari.com

ALL SEASONS:

- Small backpack
- Lunch and snack (utensils if needed)
- Water bottle with **fully closing lid**
- Two extra changes of clothes (**including underwear and socks**)
- Sunscreen (please apply as needed before school and send extra in the child’s backpack)
- Bug repellent (please apply as needed before school and send extra in the child’s backpack)

FALL:

- Rain gear [**waterproof** boots, pants, jacket]
- Sun Hat
- Warm Jacket [fleece or other breathable fabric]

WINTER:

- Two winter hats [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** mittens
- One warm, **waterproof** snowsuit
- One set of warm, **waterproof** boots
- Wool socks
- Three base layers: thermal shirt and pants, middle layer, wool/fleece sweater (**cotton is not recommended for cold weather conditions**)

For cold weather please consider the following factors when dressing for Forest School:

1) Insulation: Natural fabrics such as wool or silk work well as an inner layer, as does fleece. Polyester pajamas are another good option. The key for this layer is to wick moisture away from the skin and insulate it with a breathable layer.

2) Middle Layer: This is another insulation layer that creates an air space between the skin and the elements. This air space helps in keeping warm. Wool sweaters (Merino wool is exceptionally warm and soft on sensitive skin) and fleece tend to work well.

3) Outer Shell: This layer should be waterproof and windproof, as well as breathable

SPRING:

- Rain gear [waterproof boots, pants, jacket], with extra insulation on colder days
- Wool socks on colder days [they insulate even when wet]
- Sun Hat
- Warmer sweater or jacket for colder days

SUMMER:

- Rain gear [waterproof boots, pants, jacket]
- Sun Hat
- Lightweight clothing