



Nature Kindergarten Supply List

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.

Please help your child practice putting their gear on and taking it off. Ultimately, the child will be expected to be able to do this independently. Staff will assist as needed but the sooner we can get outside with our gear on, the better!

Each piece of gear should be labeled, including each mitten and boot. Mabel's Labels is popular (https://mabelslabels.ca/en_CA/) but sharpie markers work too. We recommend mitten clips as well that can be purchased on Amazon to ensure your child doesn't come home with one mitten!

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:

- Backpack, must have side pocket for water bottle (MEC's option here but do ensure you get the largest one possible) <https://www.mec.ca/en/product/5058-230/eyas-daypack>
- Lunch kit with thermal layer
- Full Water bottle (500 ML) Gatorade makes a good one! Available at most sporting goods stores such as Sport Chek.
- One complete extra change of clothes (including underwear and 2 pairs of extra socks)

in a labeled ziploc bag)



Fall/Spring Outerwear:

- Rain gear (to be left at school) including:
 - waterproof boots with a thermal layer such as **Bogs**
 - waterproof rain suit from either **Oakiwear** or **Mountain Equipment Co-op (MEC)** (see links below for ordering)
- Indoor pair of running shoes, to be kept at school (please no open toe shoes even in summer)
- Hat (for sun protection)
- Warmer sweater or jacket for colder days
- Bug spray and sunscreen clearly labeled that will be kept in their cubbies/ baskets at school.

Rainsuit purchase options: size up if you can as the kids grow over the year and if they are too short and won't cover their rainboots, they will get wet and cold feet!

Mountain Equipment Co-op (located in South Common):

<https://www.mec.ca/en/product/5058-305/Heritage-Newt-Suit>

Oakiwear:

<https://oaki.com/>

MEC Heritage Newt Suit - Children
5058-305



Winter Outerwear:

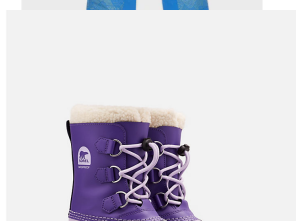
- Winter hat (must cover ears and stay on the head)
- Balaclava or neck warmer (no scarves please due to risk of strangulation)
- Two pairs of warm, waterproof mitts (not the fuzzy type)
 - Good brands include **Stonz** (see pic below) and MEC toaster mitts, long mittens that go over the jacket to keep snow out are best!

- Warm, **waterproof one piece snowsuit** (MEC has an excellent one piece)

<https://www.mec.ca/en/product/5047-839/Toaster-Suit> as well as an extra pair of snow pants.



4
PAIR



- Warm, **waterproof boots**
(best brands are Sorel, Baffin
or Kamik so that liners can be
removed and dried)
- **Wool socks** from
Costco are a must
(see pic)

Positive Ways to Talk to Kids About the Weather

If it's COLD try saying...

- Come and look out the front door! Can you see your breath?
That means we need to wear our warm clothing today.

If it's WINDY try saying...

- Can you see the trees swaying in the wind? Today would be
great day to fly a kite.

If it's SNOWING try saying...

- Wow! Look at all those beautiful snowflakes. Let's go outside
and see if we can catch some on our tongues.

If it's RAINING try saying...

- Rain is wonderful for plants and animals.
It's a perfect day to jump in some puddles.



If it's CLOUDY try saying...

- The clouds are hiding the sun. Today would be a great day to look
for shapes in the clouds.

www.backwoodsmama.com

