



# DRESSING FOR THE WEATHER

**Dryness** and **warmth** (in combination with **fullness** from nourishing food) contribute greatly to having fun outside for hours on end! This chart offers suggestions of clothing & footwear to wear to outdoor activities in different weather.

| Weather  | Clothing   | Footwear  |
|--|--|---|
| Cold and dry<br><br>(below freezing or NO precipitation/ground moisture) | <p><b>Non-cotton top AND bottom layers</b> (fleece, silk, synthetic, wool) that can be added and removed.<br/>A warm <b>jacket</b> that is large enough to fit over multiple layers of clothing.<br/><b>Snow pants, bibs or one-piece suits.</b><br/><b>Warm hat, neck warmer (scarf or balaclava), gloves/mittens.</b> We encourage mittens as they are much warmer than gloves.<br/><b>Extra layers</b> packed in a plastic bag in the backpack, including extra bottoms, top layers, hat and mittens.<br/>For more information about dressing for winter, read <a href="#">Dressing Young Children for Winter Fun.</a></p>                              | <p><b>Insulated footwear.</b> Thick neoprene boots (like <a href="#">Muck boots</a> or <a href="#">Bogs</a>) are both warm and waterproof and can be worn in all kinds of winter weather. <b>Snow boots</b> are also okay in cold and dry weather (below freezing temperatures).<br/><b>Thick, non-cotton socks</b> (wool or synthetic like polyester or polypropylene). Only wear two pairs of socks if there is still room to move your toes.<br/><b>Extra socks</b> packed in a plastic bag in the backpack.</p> |
| Cold and wet<br><br>(at or above freezing—see note below!)               | <p><b>Non-cotton top AND bottom layers</b> (fleece, silk, synthetic, wool) that can be added and removed.<br/><b>Waterproof jacket</b> large enough to fit over multiple layers of clothing.<br/><b>Waterproof pants</b> large enough to fit over multiple layers.<br/><b>Warm hat, neck warmer (scarf or balaclava), waterproof gloves/mittens.</b> We encourage mittens as they are much warmer than gloves.<br/><b>Extra layers</b> packed in a plastic bag in the backpack, including extra bottoms, top layers, hat and mittens.<br/>For more information about dressing for winter, read <a href="#">Dressing Young Children for Winter Fun.</a></p> | <p><b>Insulated footwear</b> (see above). No snow boots.<br/><b>Thick, non-cotton socks</b> (wool or synthetic like polyester or polypropylene). Only wear two pairs of socks if there is still room to move your toes.<br/><b>Extra socks</b> packed in a plastic bag in the backpack.<br/>If there is slush, the ground will be very cold and warm footwear is even more important.</p>   |
| Warm and dry   | <p><b>Layered clothing</b> that can get wet and/or muddy.<br/>Even in hot weather, <b>long pants</b> are good to wear as they can protect legs from poison ivy and mosquitoes.</p>   | <p><b>Sturdy and durable shoes</b> (hiking boots are great).<br/><b>Waterproof shoes</b> or <b>outdoor sandals</b> to play in creeks that are close-toed and have a back strap. No flip-flops, Crocs or open-toed shoes.<br/><b>Thin, non-cotton socks</b>, preferably wool or a synthetic like polyester or polypropylene.</p>   |
| Warm and wet   | <p><b>Layered clothing</b> that can get wet and/or muddy, including a <b>warm, non-cotton layer.</b><br/><b>Waterproof jacket and pants.</b></p>   | <p><b>Rain boots, waterproof shoes or outdoor sandals</b> (that can get wet). Sandals must be close-toed and have a back strap. No flip-flops, Crocs or open-toed shoes.<br/><b>Thin, non-cotton socks</b>, preferably wool or a synthetic like polyester or polypropylene.</p>   |

\*\*Always check the forecast for your scheduled day or week of program. If the temperature will rise above freezing at any point, the ground will be wet and so will any precipitation. Please dress warmly but with waterproof outer layers as much as possible.