



Robin's Nest Nature Playgroup

CLOTHING

This nature playgroup is all about being outside no matter the weather. If your child is warm, she/he will be happy and able to participate in the fun! There is no such thing as bad weather, just inappropriate clothing!

The following is a list of suggested clothing that will ensure your child is prepared for all types of weather.

- **Rain pants**
- **Rain jacket with a hood**
- **Long - underwear bottoms and top** (moisture wicking)
- **Wool sweater or fleece top**
- **Snow pants** (insulated with snow-skirts around the ankles)
- **Snow jacket** (insulated and water resistant)
- **Socks** (wool or fleece, No cotton!)
- **Boots** (rain boots for the wet seasons/ insulated boots for snow season)
- **Hat** (wool or fleece)
- **Gloves or mittens** (again, wool or fleece, please no cotton) 2 pairs
- **Neck warmer or scarf**

LAYERING is the key, as we will sometimes be very active outdoors and sometimes sitting. On wet and cold days, paying close attention to the layers close to the skin helps children stay warm and dry. We suggest choosing a “wicking” material (i.e.; poly-propylene or capilene, fleece, or wool), this wicks moisture off of the body, rather than soaking through. Cotton is not the best choice because it will hold moisture close to the body and can make a person chilled. When it comes to boots, it's helpful to choose a pair one size larger than your child's foot. This will create “dead-air space” to assist in insulating the foot. The best insulation for the feet is two pairs of wool socks with water-proof boots that have wiggle room.

GETTING DIRTY

Children will get dirty at Robin's Nest Nature Playgroup! Mud play is central to the natural experience of children exploring nature. We suggest using old clothes and letting your child know that at Robin's Nest Playgroup they can get dirty! Packing a plastic bag/s for bringing home muddy clothes is helpful. A tarp or old sheet for your backseat is also a good idea. We suggest bringing a full change of clothes for your child to change into at the end of play. You know your child - if they love water & mud, please bring 2 changes.

SNACKS

Please bring your own snacks.

CHILD SUPERVISION

Parents and caregivers are responsible for child supervision.