



Fall Gear List

In our experience children who are not well dressed for our programs struggle. Providing your child with good gear sets them up for success outdoors.

Your child will be most comfortable wearing:

1. **Base layer** – top & bottom - wool, silk or dense polyester
this is NOT a moisture wicking layer this is for WARMTH
Favorites: Stripes, MountainWarehouse, MEC, Patagonia Capilene
2. **Fleece Layer** – Top & Bottom – *will be needed by Oct probably not in Sept*
Notes: Any fleece works great.
3. **Sturdy shoes or boots** (*no sandals – no gumboots*)
Any well fitting running shoe and a wool sock works amazing.
Favorites: Muck boots from the Horse Barn
4. **A backpack** with a chest clip - *no wider or taller than your child's torso*
Notes: look for a pack that has a 10-18 Liter capacity.
5. **Rain pants & coat** – separate coat/pants preferred.
Rain gear notes: Because we live in a desert fancy rainsuits aren't really needed but are amazing if you spend a lot of time on the Coast.
MEC makes amazing rain pants. Paradox has started making a great one.
6. **Socks** - Wool or wool blend– think ski socks
Notes: Smartwool, Kombi both available at SportChek or Atmosphere
7. **Mittens** – 2 pair – MUST have an elastic cuff that goes OVER their coat.
Mittens will make a difference in your child's experience in winter.
Brands: #1 MEC, TheNorthFace, Columbia, MountainWarehouse
8. **Warm Hat** – should cover their ears and stay put not fall over their eyes.
Notes: Fleece hats are ideal. Wool ones are even better. Most are made of cotton.
9. **Snack Mittens/Gloves** – Dollar stores gets children's sizes mid fall.
Notes: these are only to be worn while eating

The following clothing items are safety concerns and cannot be permitted:

camouflage & cotton clothing clothes/shoes that are **too big**.

For more recommendations see: <https://sproutingknowledge.com/gear-list/>