



Spring 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 need to wear:

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. **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
3. **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.
4. **Shell pants & coat** – separate coat/pants preferred.
Rain gear notes: Because we live in a desert fancy rainsuits aren't really needed.
MEC makes amazing rain pants. Paradox has started making a great one.
5. **Socks** - Wool or wool blend– think ski socks
Notes: Smartwool, Kombi both available at SportChek or Atmosphere
6. **Sun Hat** – should cover their ears and stay put not fall over their eyes.
Notes: Baseball hats don't cover sensitive ears.
Some sunhats are very floppy and impede vision.

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

camouflage clothing

clothes/shoes that are **too big**.

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