



Winter 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. **Fleece Layer** – Top & Bottom
Notes: Any fleece works great.
3. **Winter boots** (no gumboots) - velcro gets full of snow and mud.
Favorite: Muck boots from the Horse Barn
4. **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. **Snow pants & coat** –separate coat/pants preferred.
Notes: The less bulk the better. Look for a snowsuit with good loft (fluff).
Rain pants OVERTOP of a snowsuit works amazing for wet snow days
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 clothing

cotton clothing & hats

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

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