

# Forest School at Kortright

## Packing List

### Clothing Helpful Hints:

1. **Insulation:** Natural fabrics such as wool or silk work well as an inner layer. The key for this layer is to wick moisture away from the skin and insulate the skin with a breathable layer in order to keep warm and dry.
2. **Middle Layer:** This is another insulation layer that creates 'dead-air space' between the skin and the elements. This airspace helps in keeping your child warm. Wool sweaters (Merino wool is exceptionally warm and soft on sensitive skin) and fleece also tends to work well.
3. **Outer Shell:** Water-proof, wind-proof and breathable.

### What to Pack:

#### Year Round:

- Small Backpack
- Water bottle
- Two extra changes of clothes (including socks and underwear)

#### Spring

- Rain gear (water-proof boots, splash pants, jacket)
- Sneakers for running (please no open-toed shoes)
- Sun hat as needed during warmer months
- Wind-breaker
- Warmer sweater or jacket during cooler or rainy days
- Bug jacket
- Sun screen as needed

#### Summer

- Rain gear (water-proof boots, splash pants, jacket)
- Sneakers for running (please no open-toed shoes)
- Sun Hat (during warmer days)
- Lightweight clothing (silk/cotton, synthetic fibers do not breath well and may make your child feel uncomfortable)
- Bug jacket
- Sun screen

#### Fall

- Rain gear (waterproof boots, splash pants, jacket)
- Sneakers for running (please no open-toed shoes)
- Sun hat as needed
- Warm jacket (fleece or other breathable fabric is ideal)
- Bug jacket

#### Winter

- Two winter hats (must cover ears and stay on the head)
- Balaclava or neck warmer (no scarves please due to risk of strangulation)
- Two pairs of warm, water-proof mitts
- Two warm, water-proof snowsuits
- Two sets of warm, water-proof boots
- Three base layers: thermal shirt and pants, middle layer, wool/fleece sweater (cotton is not ideal for cold weather conditions)