

### **Nature Nuts Notes on Weather and Gear**

At Nature Nuts, children will be participating and involved in outdoor activities all year long, in all types of weather, so we want to make sure all children are prepared. Only lightening, high winds, smoky air, or extreme storm conditions will keep us inside.

Please have your child wear appropriate clothing for seasonal weather and send waterproof outdoor gear every day (even though it's sunny, we may be playing in a part of the park that is muddy/wet). That is why we recommend that children are "dressed for a mess" and wear comfortable clothing suitable for active, wet, & messy outdoor play.

We will be outside each and every day, and we will get wet and dirty!

### **Gear List for School-Year Programming**

Spare set of clothes (in a zip lock bag)

Rain/Winter Coat

Outdoor shoes/boots

Socks (wool preferred, and extra socks, please!)

During winter months an extra set of mittens or gloves and an extra hat is advised

Layers

Water Bottle (at all times)

All belongings are labeled with child's name

### **Gear List for Summer**

Spare set of clothes (in a zip lock bag)

Closed-Toed Shoes

Rain Jacket (we are in the PNW after all)

Layers

Sun Hat

Sunscreen (PFS provides Banana Boat Kids, if that works for your family!)

Water Bottle (at all times)

All belongings are labeled with child's name

Below are some helpful tips when thinking about gear:

#### Rain boots

- Snow boots and ankle high boots are not recommended as they easily let water in through the top.
- Plan to bring these everyday once the first rainfall has happened. Most of the park stays very wet and muddy, even on sunny days when it hasn't rained in a few days.
- Periodically check that they aren't leaking or have holes. A surprise wet foot is not fun.

#### Rain Pants

- Make sure the pant leg fits over the top of the boot to keep water out. When we splash in puddles, water can get between the pant leg and boots and make their socks wet if the pants aren't over the top.
- A rain suit is a great substitution for rain coats and pants!

#### Rain Coat

- Double check that it fits well as this is the most important part of our outdoor gear.
- The hood should cover your child's full head and hair. Hoods that only go halfway lets their head get wet.

#### Socks, mittens and hats

- Mittens tend to keep you warmer than gloves, since your fingers touch inside. And they are easier to get on when your hands are wet.
- Mittens/gloves should be waterproof if possible.
- Extra socks. Please keep a pair of extra socks in a Ziploc in your child's backpack.
- Wool socks keep you warmer and make all the difference!

#### Layering

- Layering clothing is the key to a comfortable adventure outdoors. Please make sure your child practices putting on and removing their outdoor gear layers independently. There are 3 main layers to think about when dressing: 1. A base layer, 2. A middle layer (usually fleece or a puffy coat), 3. A waterproof layer.
- Layers allow students to stay warm and take some items off if they are feeling too hot.

#### Closed-Toed Shoes

- While we may want to don flip-flops in the summer, we ask that all kids come in closed-toed shoes. We do a lot of hiking and beach exploration and we want to keep those toes safe!

We follow the Bainbridge Island School District, Bainbridge Parks and Recreation, Hyla Middle School, & IslandWood policies and procedures on Inclement Weather (depending on location):

- If BISD Schools are closed – Nature Nuts programs will not meet
- If BISD Schools are delayed – All Nature Nuts programs will operate on a delayed schedule
- If Hyla, IslandWood or BIPD close facilities due to Inclement Weather -- Nature Nuts will not meet

Thanks,

The Nature Nuts Team

“There is no such thing as bad weather, only unsuitable clothing.” - Alfred Wainwright