

## Forest School Gear List 2023-2024

*Please note that this list contains affiliate links. Any gear purchased on Amazon through these links will provide a small kick back to Forest School, which will be used solely to enrich our classroom experience for students through the purchase of supplies and materials.*

Regular school supplies (markers, glue sticks, pencils, etc) are provided by us and do NOT need to be purchased.

Full time students (4-5 days per week) may leave outdoor gear at school each week. Gear should ALWAYS be brought home and cleaned on your child's last day of attendance for the week. We understand that all gear may not fit in a child-size backpack, and should be placed in a separate "gear bag" labeled with your child's name as needed.

Lastly, we are huge fans of thrift shopping! Before buying new, please check local thrift stores and swap sites for lightly used gear. If you are a returning family and have gear that no longer fits that you'd like to sell - let us know! If you are unable to find used/reasonably priced gear and need financial assistance purchasing quality items, PLEASE let us know.

### September

- Water Bottle - must be fillable without removing the entire cap, able to be opened by your child independently, NO straw, and dishwasher safe. Water bottles will stay at school for the year and be cleaned daily after use (it is a licensing requirement that they stay and be cleaned at school). OUR FAVORITES:
  - [Koodee Kids Stainless Water Bottle](#)
  - [Thermos Spout Top Kids Stainless Bottle](#)
  - [Bubba Flo Water Bottle](#)
- Backpack that fits daily needs
  - Note: character/fun backpacks do not hold up well in an outdoor environment. We recommend a backpack that has thicker, adjustable straps that fits your child and that your child can carry independently for short periods. Students are always encouraged to carry their own gear!
  - What should fit in the backpack: extra set of clothes and shoes, water bottle, clothing layers for the day including rain gear/hat/mittens, lunch box if possible
- Lunchbox + Bentgo box - there are many plastic and stainless options available
  - [preschool Bentgo](#) option
  - [school age Bentgo](#) option
  - Lunchbox should fit Bentgo or storage container of your choice
  - Lunchbox should close securely to avoid critter access
  - Ice pack if needed - lunches are not refrigerated
- Extra set of clothes - including socks, underwear and shoes - labeled with child's name

- Rain Suit - with a hood that stays up and cinched legs that go over boots.  
We highly recommend that you purchase:
  - Wildlings/Fledglings: [OAKI one piece](#) in Celestial Blue, Purple, Yellow or Orange (we chose these colors so that children are easy to see when out in the woods!)
  - Explorers: OAKI two piece - waterproof shell [jacket](#) and [pants](#)
  - Receive 25% off your OAKI purchase with code rootsandwingsfs
- Warm hat that covers ears and stays in place
- 2 Pairs each day of thinner mittens\* (Wildlings) or gloves (Explorers)  
*\*Wildlings may wear gloves if they are able to get their fingers in the correct position independently in a reasonable amount of time*
  - A few ideas for mittens -
    - <https://amzn.to/43pSqm7>
    - <https://amzn.to/44liiAB>
  - A few ideas for gloves (waterproof is nice for wet but warmish days) -
    - <https://amzn.to/44lgasP>
    - <https://amzn.to/3PVsdsq>
    - <https://amzn.to/44IEvss>
    - <https://amzn.to/3Q7ZWiq>
- Warm, tall socks (NON-COTTON - wool or polyester blend)
  - [Option 1](#)
  - [Option 2](#)
  - [Option 3](#)
- Waterproof, slip on boots - insulated boots are required for winter + can be used year round. Our recommendations:
  - [BOGS](#)
  - [OAKI](#) - Receive 25% off your OAKI purchase with code rootsandwingsfs

### By November 1

- Balaclava that covers neck AND head (one piece)
  - Option 1: <https://amzn.to/470KNFO>
  - Option 2: <https://amzn.to/3NZuYGB>
- MCTI mittens: <https://amzn.to/44tRU84> (**These specific mittens are REQUIRED**)
- Winter Jacket - waterproof rated to at least 0 degrees
  - We recommend: Lands End Squall Waterproof Insulated Parka (expensive but OFTEN on super sale)
    - [Boys](#) - direct website link
      - Purchase on Amazon: <https://amzn.to/3Y22gcl>
    - [Girls](#) - direct website link
      - Purchase on Amazon: <https://amzn.to/44GJTg8>
- Waterproof Snow Pants - WATERPROOF with knee reinforcements
  - TOP PICK: LANDS END SQUALL SNOW PANTS/BIBS
    - Bibs:
      - [Option 1](#) - brighter colors

- [Option 2](#) - neutral colors
- [Option 3](#)
- [Pants - Sizes 7+](#)

### **What should my child wear to Forest School?**

We get it, dressing for the outdoors can be tricky. Especially when you have a child who refuses to wear a hat, says they aren't cold, and wants to wear their slippers to school - yep, it happens. OR you have a child who is always cold, no matter what.

The answer? Layers and packing to be prepared for anything. The temperature in the morning can vastly differ from the temperature mid-afternoon, especially in fall and spring. We encourage students to be prepared for colder weather no matter what, so they are never left unprepared.

Our #1 guideline for this school year - limit your cotton! Cotton is terrible at wicking and drying. In hot weather, this makes you sticky and uncomfortable. In cold weather, it sucks warmth away from the body - especially when wet. So what's the alternative? Wool, fleece or polyester/synthetic fabrics. Wool can be expensive, but is a worthy investment for the outdoors if you can swing it. Polyester is a great, cheaper alternative that is much preferable to cotton.

Below are links to layering guides to give you some ideas. We're always happy to help!

LAYER ONE - Base Layer

LAYER TWO - Insulating Layer (in colder weather)

LAYER THREE - Waterproof Layer

<https://outdoorschoolshop.com/layering-guide/>

<https://www.rei.com/learn/expert-advice/how-to-dress-your-kids-for-the-outdoors.html>

<https://www.polarnopyret.co.uk/blogs/pop-magazine/layers>