



Wild Roots Outdoor Gear Guide

Cold Weather

All season outdoor play is a vital part of early childhood development, and at Wild Roots we will be outside every day no matter the weather. Since children learn and play best when they are comfortable, it is important that children are prepared and remain dry and warm throughout the varying weather of fall, winter, and spring in Colorado. We would like to provide you with some tips for helpful gear to have for your child as you prepare for your child's school year at Wild Roots.

When getting outdoor clothing for fall, winter, and spring, it is important to keep in mind that the weather can vary greatly from one day to the next, and even from the morning to the afternoon each day. Many fall and spring mornings the ground is damp and the temperatures are cold enough to call for snow boots, jackets, mittens, and a winter hat. By the afternoon it can be warm enough to peel off the layers and be outside without any extra gear. Therefore, **LAYERS** are the key to staying comfortable. It is always better to have more layers that can be taken off later on, rather than having too little to start.

Listed below are the items children will need each day through our colder weather months. If the weather is dangerously wet, cold, or windy, we may choose to hold the program indoors, but for the most part, we will all be safe, warm, dry, and happy outside most days of the year if we follow the layering system below.

- ❑ **Layer One: Base Layer** – Your child should have two sets of base layers for the year. One base layer should be a midweight polyester set or midweight wool set for keeping them warm in the fall and spring and warmer winter days. The second base layer should be a supreme insulator, such as a heavy weight wool or fleece, for the coldest winter days. Base layers should always be wool or synthetic. Please no cotton leggings, cotton long underwear, or cotton socks, as cotton does not insulate well.
- ❑ **Layer Two: Fleece Layer** – Fleece should be layered over a base layer on cooler days. On warmer spring days, your child may only need a fleece vest to go over their baselayer. But on the colder days, your child should have a base layer plus a pair of warm fleece pants and a fleece jacket/fleece pullover for their second layer. And on the coldest of days, a vest can be paired with their fleece pants and fleece jacket to add an additional layer of insulation, without making layers too bulky to move and play.





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- ❑ **Outer Layer: Rain** – While you can dress your child in rain pants and a rain jacket, we've found that a full rain suit is best at keeping water out when kids are jumping and splashing. Be sure the elastic of the rain suit or rain pants is worn on the outside of their rain boots in order to keep water out of the boots. When purchasing, read the description to ensure rain gear is labeled as **waterproof, not just water resistant**. Water resistant jackets absorb water and become wet after a prolonged period of time outdoors in wet conditions.
- ❑ **Outer Layer: Snow** – Your child should have a heavy jacket to wear over their first two layers. Reminder: most puffy jackets are not waterproof. Great for cold days, but not wet days. We recommend more of a ski style jacket or waterproof outer shell for wet snowy days. Children also need a pair of waterproof snow pants. We recommend snow bibs over regular snow pants, so that snow doesn't make its way up their back and down their pants. When purchasing, read the description to ensure snow pants are labeled as **waterproof, not just water resistant**.
- ❑ **Head, Hands, & Feet**
 - Mittens** – We recommend sending three pairs of mittens each day, one pair of waterproof mittens and two pairs of fleece or wool mittens. Gloves are okay on warmer days, but on colder days we strongly recommend mittens over gloves, as they keep hands warmer and also allow hand warmers to slip inside easily.
 - Warm Hat that covers the ears** – We recommend sending two hats in case one gets wet. On the coldest of days, make sure the hat is fleece-lined or wool.
 - Neck Gaiter** – A wool or fleece neck gaiter helps keep warmth in like a scarf, but without dragging on the ground or getting tangled up while we play outside.
 - Wool Socks** – Wool socks are a must for winter and spring, as they regulate temperature even when wet. No cotton socks in wet conditions, ever. Please be sure an extra pair of wool socks is packed with their spare change of clothes each day.
 - Insulated Snow Boots / Rain Boots** – Snow boots are a must any day conditions are cold, wet, or muddy during the winter or spring. BOGS are a good choice, and can double as insulated rain boots in spring.

