



Wild Roots Outdoor Gear Guide

Warm 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 protected from the sun throughout summer and fall 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.

Keep in mind that many summer and fall mornings temperatures may be cool enough to call for a light jacket, and Colorado has a tendency to be very stormy in summer afternoons. It is always better to come prepared with more layers than might be necessary, than it is to not have what is needed.

Listed below are the items children will need each day through our warm weather months.

- Bottoms: Hiking Pants or Shorts** – Pants or shorts should always be wool or synthetic. Please no cotton leggings or cotton shorts, as cotton does not insulate well if it gets wet.
- Tops: T-Shirt or Light-weight Long Sleeve** – Any T-shirt or long sleeve will do well in dry conditions. If conditions are supposed to be wet, we recommend a shirt made out of quick dry material, not cotton.
- Outer Layer: Cool Mornings** – A light fleece jacket or fleece pullover is all that is needed most summer or fall mornings. Avoid cotton hoodies or pullovers.
- 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.





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Continued:

☐ Sun Protection

Sun Hat - A sun hat with a wide brim is an absolutely essential summer and fall item to send every day.

Sunglasses - Please be sure your child has a pair of sunglasses in their backpack in case they want them.

Sunscreen - Please send your child to Wild Roots in the morning with sunscreen already applied. At the beginning of the school year, we ask that you send a bottle of sunscreen labeled with your child's full name, and plan on us keeping that at Wild Roots for daily re-application as needed. No spray sunscreen, please, only lotions.

☐ Hands & Feet

Thin Mittens - We recommend keeping a pair of thin fleece or wool mittens in your child's backpack year round. We won't need them most summer days, but some mornings may be chilly enough that children will want them.

Wool Socks - Wool socks are a must for winter and spring, but we recommend them for summer and fall as well, as they regulate temperature even when wet. No cotton socks in wet conditions, ever. Please be sure an extra pair of socks is packed with their spare change of clothes each day.

Rain Boots - When conditions are hot, regular rain boots work great. If conditions are cool, we strongly recommend insulated rain boots, such as BOGS. Any day you send your child in rain boots, please be sure they also have their hiking shoes/boots with them, as rain boots are typically not the best all-day shoes.

Hiking Shoes - A sturdy pair of hiking shoes/boots or sneakers is necessary for all of the running, jumping, and climbing we do in all weather conditions. Any shoes worn WILL get dirty.

