

Foxwalk Forest School Packing List

What to Bring Each Day:

- Backpack
- Water bottle
 - Suggestion: A thermos with warm drink in colder weather is nice.
- Snack
 - Hearty when colder, protein rich (meats, cheeses, nuts, beans, etc.)
- Lunch
 - Hearty when colder, protein rich (meats, cheeses, nuts, beans, etc.)

What to Wear: (geared towards colder weather)

Head:

- Hat (in colder weather, one that covers the ears)
- Scarf or neck gaiter

Torso:

- Base layer – wool or synthetic recommended
 - Middle-layer shirt – wool or fleece recommended
 - Coat
 - Raincoat (when needed)
- ** (a top wind-breaking layer can be helpful)

Legs:

- Base layer – wool or synthetic recommended
- Middle-layer – fleece recommended (if needed)
- Pants – wool or water resistant recommended
- Outer rain pants (optional - but can help keep your child dry)

Feet:

- Socks (base layer)
- Over-socks (bigger)
 - Two pairs of socks can be quite helpful at keeping feet warm. However, if they are too tight, they'll make feet colder
- Boots – weather appropriate
 - Waterproof boots for wet conditions, including wet snow are recommended.

*** Dressing in layers, in general, is a great strategy to stay warm. However, note that layers that are too tight and leave no air space can actually make your child colder. ***