

# 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, beans, etc.)
- Lunch
  - Hearty when colder, protein rich (meats, cheeses, 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. \*\***