

How to Dress for Hidden Valley Forest School

*“There is no such thing as bad weather, only the wrong clothes”
— Norwegian proverb*



You don't have to invest in stylish, expensive brand names to keep your child warm. It is just a matter of dressing with the appropriate layering systems!

Getting your child prepared is as simple as 1, 2, 3: a base layer, a layer of warm play clothes and an outermost waterproof/windproof layer!

Spare Clothing To Share

If you have extra clothing that your children have outgrown we are open to donations to expand our Forest School closet!

If you are in need of clothing or specific layers please reach out and let us know!

(see reverse for checklist)
How To Dress:
Layering Systems Checklist!

- Check out 1, 2 and 3 - and don't forget helpful extras like a waterbottle and sunscreen!
- In August please send your child to school with an extra (*labeled*) bag of dry clothes.

1 - BASE LAYER
(Highly Recommended)

- Long Johns or Wool tights
- Undershirt (Wool or Polyester)
- Socks (Wool)

A base layer of soft wool, silk or thermal material works best. Children experience so much of the world through touch and will be most comfortable when this layer that is closest to their skin is thin and non-scratchy. The key for this layer is to wick moisture away from the skin and insulate the skin with a breathable layer to keep them warm.

2- MID LAYER / PLAY CLOTHES
(Highly Recommended)

- Wool, fleece, or Polyester Sweater
- Fleece or Polyester Pants
- Scarf or Hat
- Balaclava or Buff/Neck warmer

The clothes that go over the base layer should also be comfortable and allow for flexibility. And they should be able to get dirty, serving as the outermost layer when the air temperature, or your child's body temperature, heats up.

3 - OUTER LAYER
(Mandatory)

- Windresistant fall jacket
- Hat for the sun
- Closed toe footwear for running
- Waterproof boots for wet days
- Rain jacket & rain pants
- Snowsuit or snow pants & winter jacket
- Winter gloves
- Thin gloves for cool Fall days
- Winter hat
- Waterproof winter boots

This is the important layer that serves as an outermost shell to keep bodywarmth in and shield from rain, wind and snow! Wind and water resistance are key when you are thinking about this layer.

