



## Outdoor Gear Recommendations

There's no such thing as bad weather, only bad clothing.

A big component of our philosophy at Mountain Village School is our connection to the natural world. We play outside regardless of the weather. There are rare conditions that would stop us from getting geared up to play outdoors. In order to play outside in the rain, snow, mud, sleet, ice, and sun, we need to make sure that the children are properly dressed. Layering children with the right fabrics can make a big difference in their comfort and ability to play outside for extended periods of time. Please make sure your child is equipped with the proper outdoor clothing. Always remember, the best gear is the gear that your child can put on and it will stay on. Many families reach out to one another for hand me downs once their children have outgrown them. Here's a list of what your children will need with some tried and true suggestions along with some great companies and websites to check out.

Also know that we allow children to get fully immersed in the elements. Whether it is mud, rain, snow, slush, sand, or the hose, our goal is not to hinder their enjoyment and exploration. Please do not send your children in clothing that you aren't comfortable with getting dirty.

We ask that you label your child's clothing and belongings thoroughly. This includes mittens, coats, pants, etc. There are often several children with the same items so the more personal labels the better. We do our best to ensure that your child's belongings get put away correctly but we also rely on the children to put their things away independently when they are able. Helping your child identify their belongings and letting them be involved in the packing and unpacking of their bag will help them know what belongs to them. You can purchase personal labels at [Oliver's Labels](#), [Minted.com](#), or [Name Bubbles](#).

Choosing the right fabrics and materials to layer in the extreme elements makes a very big difference for staying warm and dry. Wool, silk, bamboo, merino wool, polypropylene, and polyester are some really great fabrics to use as base layers. For wet days that aren't too cold, a base layer with a waterproof outer layer will keep children dry and warm. Adding an additional layer of wool or fleece on colder days will increase warmth. **Please no cotton on cold or wet days!**

There are often times with our preschool aged children that we take long walks and spend a lot of time outside. If children get wet or cold early on it will be difficult for them to engage in play. Making sure they have the proper layers on before they come to school based on the predicted weather will help everyone stay more comfortable throughout the day. When your child is schedule for ski days please make sure they come to school with their base layers on and their pants/jackets or suit clearly labeled so it is easy to find.

Here are recommendations by season:

**For all children we recommend a pair of Polarn O. Pyret bib style rain pants. They are hearty, waterproof, and will stand up to the most active children.**

### **Late Spring/Summer/Early Fall**

Things constantly change in Stowe. We have hot days in May and cool days in August. On hot days we spend a lot of time in water, whether it's the sprinkler or the streams and rivers. Please make sure to pack the following items:

- Sun hat
- Sunscreen
- Bathing suit
- Quick dry shorts
- Light, short-sleeve shirt
- Light -weight pants or legging (lessens the risk of tick exposure)
- Any type of light-weight socks that are long enough for pant legs to be tucked into
- Closed-toe shoes that can get wet
- Rubber boots
- Rain pants
- Rain jacket

### **Late Fall/Early Spring (Mud & Stick Season)**

These are the cool and wet seasons. Having extra layers and insulated options makes a big difference. Again, avoid cotton on cold and wet days. Please make sure to pack the following items:

- Long sleeve shirt
- Long pants
- Fleece or wool sweater
- Waterproof rain suit or jacket and pants
- Insulated rubber boots
- Thick socks (no cotton!!)

## **Winter**

It gets cold here. There are weeks when the temperature stays below 10 degrees fahrenheit. We want to ensure that your child has the right layers, from the very bottom, in order to stay dry and warm. If dressed properly, your child can be safe and protected from the cold. We pay extra attention to keeping extremities warm: hands, feet, and heads are important. You are welcome to send in hand and foot warmers that we can put into their mittens and boots. For the coldest months please make sure to dress your child in base layers of wool, silk, bamboo, merino wool, polypropylene, or polyester. Please make sure to include the following items during this time:

- Insulated waterproof boots with wool liners
- Extra base layers/long underwear
- Midlayer: long sleeve wool or fleece sweater and wool or fleece pants
- Outer layers: insulated waterproof jacket with hood and insulated waterproof pants or snowsuit.
- Wool/wool blend socks
- Lined, waterproof mittens or 2 layers of mittens, start with thinner wool mittens that fit snugly and then layer on a pair of waterproof mittens with adjustable cuff
- Neck warmer, balaclava, or ski mask: starting with a thinner wool balaclava and then adding a fleece neck warmer is a really great option

Always ask us if you need suggestions or if you are concerned about your child's comfort in the elements. We will be able to share with you suggestions and feedback about what is and isn't working. Here's a list of brands and recommended items:

**Brands:**

**Snow mittens**

- Stonz (especially for infants and toddlers)
- Hestra

**Rain mittens**

- Abeko
- Polarn O. Pyret
- Didricksons

**Snow Boots**

- Kamik
- Oakiwear
- Bogs (for children 2 years and up)
- L.L.Bean
- Stonz w/fleece liners (for children 12 months and under)
- Sorel
- Kavat
- Bisgaard
- Viking

**Base layers**

- Polarn O. Pyret
- Ella's Wool
- Patagonia Capilene
- EcoAble
- Simply Merino
- Janus
- Engel
- Disana
- Hocosa
- Celavi
- Reima
- SmartWool

**Waterproof Rain Pants** (Bibs/Overalls are best)

- Polarn O. Pyret: these are the most highly recommended item for every child!
- Grudens
- Oakiwear
- Hatley
- Didricksons
- Kuling

**Waterproof rain suit** (also called coveralls)

- Molehill Mountain Rain Suit
- Oakiwear Waterproof Trail Rain Suit
- Hatley
- Didricksons
- Kuling
- Reima
- Wheat
- Muddy Puddles
- Celavi

Here are a few websites to check out:

[Alexandalex.com](http://Alexandalex.com)

[Childrenandnature.org](http://Childrenandnature.org)

[Rainorshinemamma.com](http://Rainorshinemamma.com)