



Friends of Rye Nature Center's Gear Guide on Dressing for Outdoor Classes

Top 5 Dos & Don'ts of Dressing for Outdoor Fun

DO

Dress in layers.

Focus on staying dry, both from the outside (snow and rain) and the inside (sweat).

Base the amount of insulation on temperature AND the amount of physical activity you expect.

Pay special attention to hands and feet: wear warm, waterproof mittens, thick socks, and warm boots. Make sure boots start out dry inside!

Wear a comfortable, warm hat with good coverage. Soft fleece tends to get better compliance than rough wool. Consider scarf/neck gaiter/balaclava.

DON'T

Wear cotton—it absorbs moisture and conducts heat away from the body!

Wear mittens or boots that allow snow in.

Wear fleece or flannel on the outside where they can be “snow velcro”.

Wear plastic or rubber boots that have no insulation—they aren't warm enough and they trap moisture inside.

Wear cotton socks! Always wool

Recommended Gear for FRNC Programs

Our students will need the appropriate gear to ensure their comfort outdoors, in all types of weather. FRNC will provide a Classic Trail Rain Suit for each Forest Preschool student and there will be additional rain suits available for Preschool Ecology students. These additional suits will be washed between use. All other apparel should be provided by families. Children in afterschool programs will need to come with their own gear. Please explore the included links below for recommended apparel.

<p>Rain:</p> <ul style="list-style-type: none"> - Jackets - Boots 	<p>Cold Weather:</p> <ul style="list-style-type: none"> - Base Layers - Socks - Gloves - Balaclavas - Gators - Boots - Snow Suits 	<p>Mild/Warm Temperatures:</p> <ul style="list-style-type: none"> - Bug Spray - Wicking Layers - Hiking Boots - Sun Hats
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How to Layer Up

	Base Layer	Insulating Layer	Weatherproof Layer
What?	Top: Long Underwear Bottom: Long Underwear Head: Thin Balaclava Feet: Non-cotton Liner Socks	Top: Log-Sleeved Top Bottom: Pants Head: Hat Feet: Wool Socks	Top: Jacket Bottom: Snow Pants, Bibs, or One Piece Suits Head: Hood Feet: Insulated Boots Hands: Mittens with Shell
Why?	Wicking, Comfort, Thin	Insulation, Wicking	Keeping Wind, Snow, and Rain Out
Fabrics	<ul style="list-style-type: none"> • Polyester Stretch Knits • Silk • Polypropylene • Lightweight Wool 	<ul style="list-style-type: none"> • Fleece • Puffy Synthetic Insulation • Heavier Weight Wool • Down 	<ul style="list-style-type: none"> • Nylon • Polyurethane ("PU") • Neoprene1 • Waterproof/Breathable Shells • Leather, Fur, Shearling
Fit	<ul style="list-style-type: none"> • Snug fit • Fabrics with stretch 	<ul style="list-style-type: none"> • Loose fit/slides over base layer easily • Turtle or polar necks • Hats that really cover the ears • The "puffier" this layer, the greater 	<ul style="list-style-type: none"> • Rain gear: taped or sealed seams • Jackets: snow skirts/elasticized waists, extra-large to fit over layers with slippery linings • Boots: mid-calf w/closable tops • Mittens: avoid cold spots and keep snow and rain out • Pant cuffs: come past top of boots

Resources:

- <https://oaki.com/>
- <https://www.polaropyretusa.com/>
- <https://www.smartwool.com/>
- <https://bombas.com/>
- <https://www.keenfootwear.com/>
- <https://www.bogsfootwear.com/shop/index.html>
- <https://rangerready.com/>
- <https://buffusa.com/>
- <https://www.sundayafternoons.com/>
- <https://en-us.hestragloves.com/>
- <https://www.rei.com/s/kids-thermal-underwear>



*All children should come to programs with a reusable face mask attached to a lanyard.