

# Kit List

At Growing Wild, we believe that a child has had a good day when they go home with grass in their hair and mud on their face ... and most likely on their clothes. This is why our clothing policy is very important. Because we are outdoors for the majority of the time, it is important that the children stay warm in winter and cool and protected from the sun in summer. Therefore, the following advice is a guide to the type of clothing your child will need to wear for nursery through the changing seasons.

**Your Child's clothes will get dirty so please send them in old clothes!**



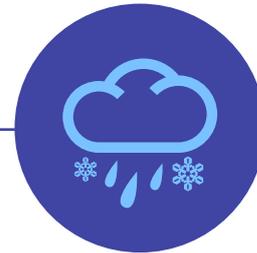
## Summer/Spring

**Clothes:** in warmer/ drier weather wearing thin, light clothing that still covers arms and legs protects children from nettle stings, bramble snags, insect bites, the sun and scuffs and grazes as they inevitably trip over, as well as protection to knees when kneeling to play.

**Hat:** Sun hat.

**Shoes:** closed shoes; trainers, unlined wellies or hiking boots.

**Extras:** unlined waterproofs will still be needed.



## Autumn/Winter

Wearing 3 main layers no matter how cold it is the key to staying warm. Too many layers restricts movement and there is no air flow between layers so children don't stay warm. Below are the 3 components explained with a few examples:

**Base layer:** a thermal long sleeve vest and leggings/ tights (avoid cotton as it stays damp next to the skin).

**Mid Layer:** a simple jumper or cardigan on a warmer day, changing to a fleece or wool jumper on a colder day and on extremely cold days a thicker jumper/fleece (or 2 layers). On the bottom jogging bottoms or thick trousers.

**Outer layer:** starting with a simple water proof jacket/ dungarees set or all in one (Splash suits are not fully waterproof) as the temperature declines move onto lined waterproof coat and trouser. A hat is also a must and waterproof gloves/mittens.

**Boots:** simple Wellington boots do not provide any warmth for the feet. Lined wellies, or waterproof walking boots with thick socks are the best option. Two pairs of socks, one thin one thick.

**Hat:** one that covers the ears

**Extras:** on the colder days add a layer to ankles, wrists and neck, as they actually lose heat quicker than the head. So adding a pair of leg, wrist or neck warmers can completely transform your body's ability to regulate its temperature and stay warm.

## Everyday essentials

A bag with at least 2 full change of clothes will also be needed including spare footwear, more if toilet training. A refillable water bottle is also essential.