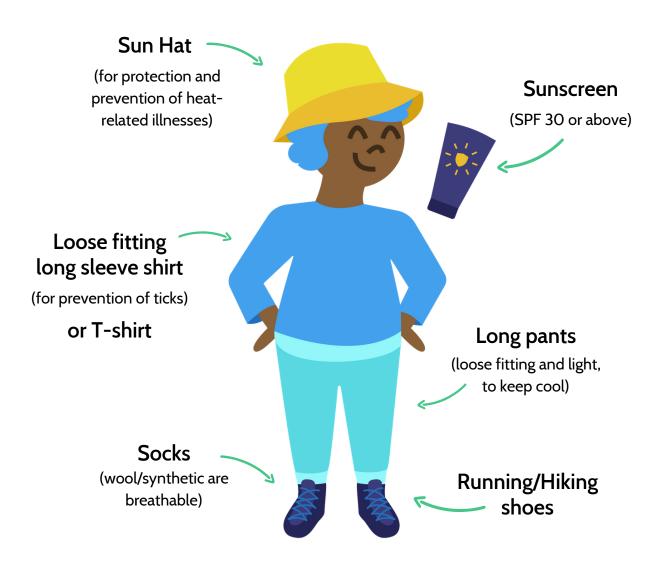
# What to Wear for Outdoor Teaching and Learning



#### Warm Weather



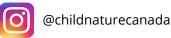
#### **HELPFUL TIPS**

- TUCK IN all clothing shirt into pants, pants into socks (for tick prevention)
- In your kit/when out on the land, pack bug repellent and sunscreen
- Pack extra clean hats and socks (in case someone needs dry ones)
- Bring spray bottles full of water to mist/cool down children/yourself
- Bring a water source for refills and cool downs











# What to Wear for Outdoor Teaching and Learning



## Cold Weather



# Winter boots

(helpful to bring an extra pair of boots too)

(wool/synthetic socks if that is available to you, provide extra socks as well!)

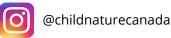
#### **HELPFUL TIPS**

- Hand warmers and feet warmers work well for instant warmth and relief!
- For educators, pack the following extra gear when in your kit/when out on a hike:
  - Socks, mittens, 2-3 pairs of winter boots, handful of grocery bags (these can be used to prevent further wetness, as they act as a protective layer in rubber boots/winter boots against further seepage. They can keep the new socks dry!











# What to Wear for Outdoor Teaching and Learning



#### Wet Weather

# **Upper Body**

- Outer shell, rain jacket (waterproof or water resistant)
- Mid layer —
   (sweater or long sleeve shirt)

season and temperature. If cold, choose thick base, if warm choose thinner.

This layer is in direct contact with your skin, flat-seamed or seamless garments are most comfortable.

Synthetic or wool materials, "wick" best.)

#### Hat

(depending on temperature, either a sun hat or winter hat)

#### **Mittens**

(if cold! As mittens soak up water, they tend to get cold quickly, so it may be best not to wear any)

## Lower body

- Outer shell, rain/ splash pants (waterproof or water resistant)
- Base layer

(depending on season and temperature. If cold, long underwear or fleece. If warm, light/loose fitting pants)

### Rubber/rain boots

(they keep feet dry and warm as opposed to winter boots)

#### Socks

(wool/synthetic socks if that is available to you, provide extra socks as well!)

#### **HELPFUL TIPS**

- For educators, pack the following extra gear when in your kit/when out on a hike:
  - socks, mittens, 2-3 pairs of rubber boots, handful of grocery bags (these can be used to prevent further wetness, as they act as a protective layer in rubber boots/winter boots against further seepage. They can keep the new dry socks dry!









