What to Wear for Outdoor Teaching and Learning

Warm Weather

- **Sun Hat**
  - (for protection and prevention of heat-related illnesses)
- **Sunscreen**
  - (SPF 30 or above)
- **Loose fitting long sleeve shirt**
  - (for prevention of ticks)
- **Long pants**
  - (loose fitting and light, to keep cool)
- **Socks**
  - (wool/synthetic are breathable)
- **Running/Hiking shoes**

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
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Cold Weather

Upper Body
- Outer shell, winter coat (water resistant)
- Mid layer (fleece to trap in warm air without adding bulk)
- Base layer (this layer is in direct contact with your skin, flat-seamed or seamless garments are most comfortable. Make sure it is a “wick”-away material, one that helps moisture evaporate, i.e., synthetic or wool materials)

Lower body
- Outer shell, insulated snow pants
- Mid layer (light pant, depending on temperature)
- Base layer (long underwear, fleece pants)

Winter boots (helpful to bring an extra pair of boots too)

Socks (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!)
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**Wet Weather**

**Upper Body**
- **Outer shell, rain jacket**
  (waterproof or water resistant)
- **Mid layer**
  (sweater or long sleeve shirt)
- **Base layer**
  (need is depending on 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.)

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

**Rubber/rain boots**
(they keep feet dry and warm as opposed to winter boots)

**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)

**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!)