

# Outdoor Clothing Policy: Nido Program

*Created Feb. 1 2021; updated for Nido July 21 2021; updated Jan. 18 2022; updated July 9 2022; updated July 19 2023; confirmed Sept. 13 2024; updated Feb. 11 2025*

Our program includes outdoor time every day. Children may be outside for 20 minutes to 45 minutes at a time, depending on the conditions and the activities. As such, **it is critical that all children keep the outdoor gear needed for that season on-site every time your child attends care.**

*Please avoid clothing that is intended for style (i.e. Gap, Children's Place, Gymboree, Tommy Hilfiger, etc.). Good shops (online or in person) to purchase true outdoor clothing from include:*

- Mountain Warehouse (online and in-store)
- Mountain Equipment Co-Op
- Atmosphere
- Camper's Village
- Great Outdoors Junior Outfitters (Calgary store)
- Patagonia
- Sport Check

All outdoor clothing must be clearly labelled with a family identifier / clothing label to prevent mixed up items.

Please look ahead to the forecast and make sure that your child has more than is needed to keep them warm, dry and happy at care. If you would like ideas or suggestions on how to acquire outdoor clothing on a budget, please let us know via [office@aspenhillmontessori.ca](mailto:office@aspenhillmontessori.ca).

## Fall gear

### REQUIRED:

- Extra change of clothing, especially pants!
- Whether your child is pre-walking or crawling, sturdy pull-on boots or runners without straps are best. Please ensure the soles are waterproof / are warm, as we explore all kinds of textures!



- A waterproof one-piece rainsuit.



- If your child is learning to walk or walking, you may choose two piece suits so children can be involved in putting them on. A waterproof rain coat (lined or unlined) – best slightly big so a polar fleece jacket can fit underneath.



... with a water-resistant soft-shell or polar fleece coat...



... and waterproof rain pants.



- Waterproof rain boots or snow boots (NOT Bogs or Uggs please) – true rubber ‘wellies’ or SOREL-brand style winter boots. *If it is even slightly wet from the night before, or looking chilly, wear boots!* This applies to ALL children who are crawling, learning to walk or walking. If your child is ‘in arms’ and will be in a one-piece suit with feet, this does not apply.



- Waterproof lightweight mitts / waterproof ski mitts



- Lightweight knit toque / beanie

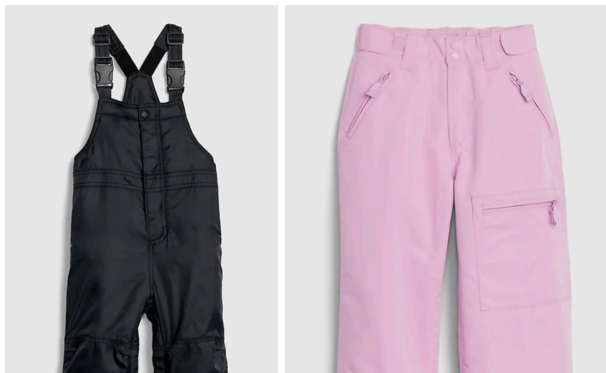


## Winter gear

- A one-piece snowsuit is allowed - please make sure there is not a 'bunting' over feet as we need to wear boots once children are crawling.



- For children that are walking, a two-piece snowsuit is best. Pull on or bib snow pants – a bit of extra room is best for easy on and off





- Warm snow coat with a simple hood – go for one with an easy-to handle zipper for better independence and learning
  - o Avoid fur on the hood, they freeze up around faces
  - o Look for a weather rating on the coat – should be at least -20 degrees
  - o Look for water and wind resistant



- Polar fleece coat that fits under the winter coat as a layer



- Warm socks, one pair in the outdoor clothes bag in case of wet feet



- Waterproof snow mitts
  - **Please have 2-3 pairs at home in case of a lost mitt, wet mitts, or dirty mitts.**
  - NO gloves, 'stretch mini mitts', knit mitts, or inexpensive character / cartoon brand mitts
  - Look for a degree rating on the mitts – this is one place to spend money to ensure warm hands.
  - Ski mitts are ideal.



- Heavier toque / beanie
  - Aim for something lined, such as a wool toque lined with polar fleece

**All children who are crawling / walking should have...**

- SOREL style winter boots rated to at least -30 degrees C; - 40 is better
  - o NO 'Bog' brand boots please – they don't keep out the wet OR the cold well for little feet.
  - o WalMart winter boots can work, as long as they have a degree rating for the cold



- Neck toque
  - o Polar fleece or a ski tube are best – check in dollar stores
  - o NO SCARVES! These present a choking hazard and are hard for children to put on themselves.



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