

Outdoor Clothing / Kit List

Updated Feb. 18 2021; updated June 24 2021; reviewed Jan. 18 2022; updated July 9 2022; affirmed Dec. 1 2022; updated Feb. 7 2023

Children may be outside for a minimum of 20 minutes each day to upwards of 1 hour at a time, depending on the conditions and the activities. As such, **it is critical that all children arrive with the outdoor gear needed for each day at all times.**

Please avoid clothing that is intended for style and not function. Big pom-poms on hats, character-based rain boots that leak, and a glittery coat that is hard for a child to zip may be in style, but don't work for childcare.

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 Chek

All outdoor clothing must be clearly labelled with a clear, large 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 .



Fall gear

REQUIRED:

- Extra change of uniform, especially pants, socks and underwear!
- Sturdy, easy to put on outdoor runners or hikers that elastic/stretch laces / Velcro on (NO SHOELACES PLEASE for speed getting outside!)
 - o Please make sure your child can get them on and off themselves easily.



- Waterproof rain boots or snow boots
 - o Wear these or your outdoor runners to and from care EVERY DAY depending on the weather. If it is even slightly wet from the night before, or looking chilly, wear boots!



- Waterproof rain coat (lined or unlined) – best slightly big so a polar fleece jacket can fit underneath



- Water-resistant soft-shell or polar fleece coat



- Waterproof rain pants (rubberized, elastic cuffs and waistband, loose enough to get on easily over uniform – can be lined or unlined)
 - o ‘all in one’ rain suits are great if your child knows how to put them on independently.



OPTIONAL BUT RECOMMENDED:

- Waterproof mitts (https://www.hellyhansen.com/en_ca/k-bergen-fleece-pu-mittens-6719 - also check H&M online, Mountain Warehouse, NationalSports.com, etc.)



- Lightweight knit toque / beanie - if your child struggles to keep it on, consider a hat balaclava!



Winter gear

REQUIRED:

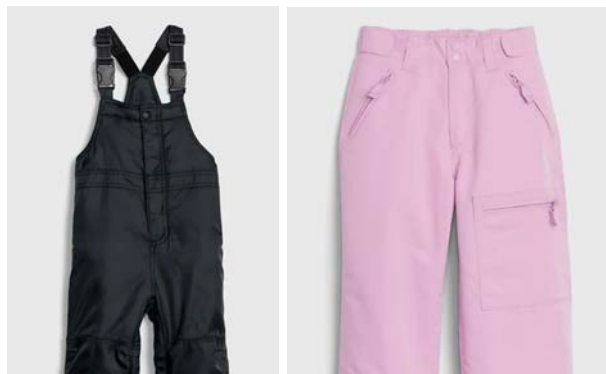
- Warm socks, one pair in the outdoor clothes bag in case of wet feet



- 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



- Pull on or bib snow pants – a bit of extra room is best for easy on and off
 - o Please avoid 'onesie' / 'all in one' jumpsuit-style snowsuits for children outside of Nido, as it's hard for them to be independent in dressing.



- Warm snow coat with a simple hood – go for one with an easy-to handle zipper for better independence and learning, even for Bambini children!
 - 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



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



- Heavier toque / beanie
 - o Aim for something lined, such as a wool toque lined with polar fleece; balaclava is ideal



- Neck toque
 - o Polar fleece or a ski tube are best – Canada Olympic Park shop sells many of them all year-round!
 - o **NO SCARVES!** These present a choking hazard and are hard for children to put on themselves.

