



Dressing for the seasons



WARM



- Sun Hat
- Sunscreen
- Long Pants
- Bug repellent
- Socks (*wool/synthetic*)
- Running/Hiking Shoes
- Loose Fitting Long sleeve shirt (*prevention of ticks*) or T-shirt

HELPFUL HINTS

- Tuck in all clothing (*shirt into pants, pants into socks for tick prevention*)
- Pack extra clean hats and socks
- Bring a water source for refills and cool downs



WET



- Hat (*for weather*)
- Mittens (*if cold*)
- Socks (*wool/synthetic*)
- T-shirt (*base layer*)
- Rubber (*rain boots*)
- Long sleeve shirt (*mid layer, wool/synthetic*)
- Outer shell rain jacket (*outer layer, water resistant*)
- Long pants (*base layer*)
- Splash pants (*outer layer, water resistant*)

HELPFUL HINTS

Educators should pack extra gear in your kit:

- Socks
- Extra rain boots
- Mittens
- Handful of grocery bags



COLD



- Warm hat (*covering ears*)
- Neck warmer/short scarf
- Mittens or gloves
- Winter boots
- Thermal long sleeve (*base layer/for moisture*)
- Long sleeve fleece top (*base layer/to trap heat*)
- Winter coat (*water resistant*)
- Long thermal or fleece pants (*base layer*)
- Light pants (*mid layer/for warmth*)
- Outer shell snow pants (*outer layer, water resistant*)

HELPFUL HINTS

Educators should pack extra gear in your kit:

- Socks
- Extra winter boots
- Mittens
- Handful of grocery bags (*for inside of wet boots*)

