

WINTER MORNING DEPARTURE CHECKLIST

Nature School Prep • Dress for Success • Stay Warm & Dry

1. ON THE BODY (THE 3-LAYER SYSTEM)

- **Layer 1: Base Layer (Moisture Management)** - Merino wool or synthetic thermals (top & bottoms).
No cotton!
- **Layer 2: Mid Layer (Insulation)** - Fleece pants and a fleece jacket or down-alternative sweater.
- **Layer 3: Outer Layer (Weather Shield)** - Waterproof, insulated snow bibs & jacket (or full one-piece snowsuit).

2. THE EXTREMITIES (BEFORE ZIPPING UP)

- **Socks:** Merino wool socks (check that boots have a little wiggle room for warmth).
- **Boots:** Waterproof, insulated winter boots (like Bogs or Muck Boots) pulled up tight.
- **Neck & Head:** Snug-fitting wool/fleece beanie covering ears, or a full fleece balaclava.
- **Hands:** Insulated, waterproof mittens tucked securely into or over jacket sleeves.

3. NATURE-SCHOOL BACKPACK BACKUPS

- **Extra Mittens:** At least 2 pairs of waterproof mittens packed safely inside.
- **Extra Socks:** 2 pairs of heavy-duty merino wool socks.
- **Extra Base Layers:** One full set of backup thermals (top & bottoms) just in case.
- **Label Check:** Double-check that every piece of clothing is clearly labeled with your child's name!

"There is no bad weather, only bad clothing." — Scandinavian Saying