



Dresscode

Help your child dress according to the weather.

Late fall, winter, early spring:

Prepare for wet weather and quickly changing temperatures.

Dress in layers. A shirt, a wool base-layer, a fleece layer and on top a water proof layer is recommended. Two piece suits of rain gear are more handy to deal with. The kids can quickly take the bottom or top off if too hot and wear the jacket year-round. In the wet and cold weather period pack a toque, two pairs of gloves/mittens and an extra pair of socks.

Late Spring, Summer, early fall:

Layers of light cloths. Always pack a raincoat or jacket (for the shady forest), a sunhat and apply sunscreen in the morning.

Where to get the gear

Gloves:

Reima and Helly Hansen all make excellent fleece lined waterproof mitts.

These are the only gloves the children wear that really keep their hands dry no matter what.

A second pair of light gloves in their backpack are nice for warmer days.

Socks:

Thick wool ones are best, such as smart wool or Kombi because if they get wet and they don't have a replacement, we simply squeeze out the water, put them back on and their feet will stay warm.

Boots:

Lined boots such as Baffin or Kamik, or neoprene ones such as Bogs are well insulated to keep their feet warm. It's important to keep wiggle room for toes.

If they're too tight, their feet get cold quickly.

No need to buy new gear.

Lots of used gear can be found online and at stores like once upon a child in Nanaimo.

Links

<https://www.mountainwarehouse.com/ca/kids/>

<https://www.reima.ca/products/rain-mittens-puro>

https://www.hellyhansen.com/en_ca/kids-juniors