**WELCOME TO NATURE KIDS!**

**Below is some important info to ensure your child’s comfort and safety during their time with us. *Having warm dry clothes and comfortable gear will maximize your child’s positive experience outdoors!!***

**What your child needs to bring each week:**

**BAG 1:** This is a **separate** bag to keep at “base camp”

*Please label bag and contents with child’s name*

|  |  |
| --- | --- |
| Extra Clothes | short sleeve, long sleeve, sweater, pants, socks, underwear, extra warm hat and mittens, sunhat and closed toed shoes |
| Lunch  (Otters only!) | simple nourishing lunch in non-breakable containers |
| Other | medication |

**BAG 2:** Hiking backpack

\*It is essential that this pack fit your child comfortably. We are often hiking for more than 1 hour/day. *Each child* needs their own backpack - it is important for siblings to each have the responsibility of carrying their own supplies. Packs can not have wheels and should be water resistant. MEC has a great range of inexpensive children’s backpacks.

*Please label bag and contents with child’s name*

|  |  |
| --- | --- |
| Water Bottle | non-breakable labeled with child’s name |
| Snack | simple nourishing food in non-breakable containers |
| 2 Small Cloths | used as a “placemat and napkin” during snack time |
| Whistle | to wear around their neck (on a string long enough to slip over their head) |
| Mitts and Hat | waterproof mitts, sunhat and/or toque |

**What to keep at home:**

• Toys and other special items that may get lost

• Sugary snacks

• Glass containers

**What your child needs to wear**

**(The “Nature Kids uniform”)**

***\*Please have child fully dressed for the weather and ready for adventures when they arrive***

**Cold / Wet days (fall, winter and spring):**

• Body layer 1: Long underwear, top and bottom \*no cotton please!

• Body layer 2: Wool or fleece sweater and pants to wear under rain gear

• Head: Toque

• Hands: Waterproof mittens or gloves

• Neck: Scarf or neck warmer

• Feet: Wool socks

• Full set of waterproof gear; jacket, pants and boots (sturdy, lined, flexible boots with rugged soles for climbing and hiking). If child wears “gum boots” they must wear thick wool socks.

**Warm and Dry days (summer):**

• Torso: Short sleeve, long sleeve and jacket

• Legs: Long pants (to protect legs from scratches during play and hiking)

• Head: Sunhat

• Feet: Closed toed, sturdy shoes

• Sunscreen on

**Clothing to be kept at home (unsafe to wear while hiking through the forest, climbing and running):**

• Dresses, skirts, tank tops and shorts

• Open toed sandals and flip flops

***Thank you for your cooperation in having your child prepared for many amazing outdoor adventures with Nature Kids!***