

## **TIMBERNOOK: SENSATIONAL EXPERIENCES**

*Gearing Up for TimberNook Recommendations*

### **GENERAL INFORMATION ABOUT GEAR**

The TimberNook program embraces the outdoor weather year round. In order to enjoy playing in a variety of weather conditions, children need to come equipped with the right gear (clothing, footwear, etc). Always remember, the best gear is the gear that your child can put on and will keep on! If it doesn't stay on, it isn't keeping your child warm and dry.

### **GETTING DIRTY**

The TimberNook philosophy intentionally allows for opportunities for children to engage in a variety of sensory experiences. Children will enjoy playing in water, mud puddles, and dirt. Be prepared that when you pick your child up at the end of a TimberNook day that their clothes may be wet and/or dirty.

### **EXTRA CLOTHES BIN (1ST - 6TH GRADE ONLY)**

On your child's first day of TimberNook, please send along a small Tupperware/Rubbermaid container that is labeled with his/her name. PreK and Kindergarten students should already have extra clothes sent with them daily. Inside the container, please provide:

- 1 pair of underwear
- 2 pairs of socks
- 1 long sleeve t-shirt
- 1 short-sleeve t-shirt
- Bug Spray/Sunscreen

This container will remain at school and will only be sent home when dirty and in need of a new set of clothes.

### **LABEL YOUR CHILD'S BELONGINGS**

Please label all of your child's clothing, including the extra clothes in their clothes bin. This also includes water bottles, mittens, coats, boots, and bug spray. This can be done with a simple Sharpie.

## **REQUIRED GEAR**

### **WARM WEATHER**

- Brightly colored TimberNook T-Shirts: New students will be provided with one (1) complimentary TimberNook t-shirt, which will be handed out during the first week of school. If you would like to order additional t-shirts (we have long sleeve, short sleeve and sweatshirts available) an order form will be sent home during the first week of school and also available at the Back to School BBQ.
- Long pants that can get dirty and wet (we recommend a quick dry material that is not made of cotton.)

- Outdoor shoes (sneakers, hiking shoes)
- Long socks that can be pulled up over pants to protect from ticks
  - Insect repellent

### **COOL/COLD WEATHER**

- Non-cotton base layers (fleece, wool, silk)
- Boots: tall, insulated, waterproof (Bogs or Muck boots are great!)
  - Waterproof/water resistant ski jacket
    - Snow pants
- Waterproof/water resistant ski gloves (2 pairs preferred)
  - 2 pairs of wool socks
    - Ski hat

## **OTHER RECOMMENDATIONS**

### **WINTER RECOMMENDATIONS**

- Layers, layers, layers!!
- Base Layer: wool, silk or polypropylene long underwear top and bottom
  - NO COTTON
- Mid-layer: long sleeve wool or fleece sweater, fleece pants, wool mittens
  - Outer Layer: insulated waterproof jacket with hood, insulated waterproof pants, wool socks, waterproof mittens
- Neck Warmers: These are very important on very cold days, especially if your child gets cold easily. Fleece or soft wool is best. Please no scarves as they are dangerous for climbing.
- Double layer mittens: We recommend two layers of mittens: one (1) wool that fits snugly and one (1) waterproof shell with an adjustable cuff.

### **WET/RAINY CONDITIONS**

- Rain boots (Bogs or Muck boots are great!)
- Waterproof rain pants (Grundens makes great waterproof clothing for kids)
  - Waterproof rain jacket

If you have any questions, please feel free to contact the office :)

***THE LCA TIMBERNOOK TEAM***