



# School Age Programs

*Furthering Education in the Forests and Fields*

## All Seasons School Aged Program Packing List

*\*read carefully, some items will depend on the season/program\**

### Items to Bring

- Water bottle (mandatory, at least one (1) liter)
- A comfortable backpack with padded shoulder straps
- Enough lunch and snacks to sustain energy for the length of your program. Food should either not need refrigeration or be kept in a cooler that fits in their backpack. RWS does not provide snacks. \*Avoid nut based products
- Rain gear appropriate for the season
- Any supplies or tools you make during your program.
- An extra pair of dry socks
- A one (1) gallon Zip-Loc style plastic bag
- A willingness to have fun and try new things!

### Items to Avoid

- Cell phones or electronics than can get damaged or lost
- Food or drink packaged in glass containers
- Watches and other timepieces
- Clothes that shouldn't get dirty
- Aerosol style bug spray (or apply before arriving)
- A backpack that is too heavy for your child to carry comfortably

### Winter Clothing

- Non-cotton base layers (tops and bottoms) - Merino wool works great, synthetics and silk are also good choices
- Insulated snow pants/suit/bib - some options have removable linings and can double as rain suits
- Wool socks (Oaki, SmartWool or Darn Tough are good options)
- Fleece Jacket and/or puffer vest
- Knit/wool hat that covers the ears
- Waterproof mittens (not gloves) that extend beyond the wrist - L-Bow and Polarn O. Pyret are good options
- Slim fitting knit/fabric gloves for layering inside the mittens

**Your child** will be exploring the fields, the forests and the wetlands at our site. Each day they will be exposed to mud, charcoal, clay, leaves, sticks, snow and water. For everyone to get the most out of this experience, children should come wearing clothes that they can get dirty.

We do have ticks on site and some people like to cover up exposed skin with long pants and long sleeve shirts. Our advice is to dress for the weather and do thorough tick checks at home.

On your child's feet should be comfortable, closed-toed shoes. In warmer months flip-flops and other sandals cause discomfort on long hikes and are not allowed. All-in-all comfort is the name of the game so it's best to dress in layers. Please check your child's backpack each morning to ensure they have everything they'll need and nothing needs to be replaced!

**\*A Note on Medication:** Any needed medications or Epi-pens should be in a separate bag with the child's name and any instructions. The bag should be handed to the counselor at check in each day and returned at check out.