

Basics for Cold Weather

“There is no such thing as bad weather – if you’re dressed for it!”

Base Layer

*Base layers are the most important part of any layering system. Long underwear and socks can vary in weights depending on the weather. Choose synthetic or wool material – **Never Cotton***



Mid Layer

Mid Layers help to create a pocket of warm air around the body. Material should always be based on the temperature, thicker mid layers for colder days. Again cotton is not a good choice for a mid-layer, think wool or fleece with nylon pants for warmer days. Multiple mid layers can be used when the conditions are cold.



Outer Layer

The outer layer is responsible for keeping the elements out and the warmth in! At Forest School it is essential that this layer is waterproof on both the top and bottom, even when dry outside. If in a rain coat on colder days add another jacket for warmth.



Head, Hands and Feet

Head – always wear or bring with you a winter toque, lighter weight toques can be used for warmer days.

Hands – while mini mitts are nice to have on hand for dexterity, winter mittens (not gloves) are needed for all days when temperatures fall below 5 degrees celcius.

Feet – insulated rain boots are needed when temps are below 5 degrees celcius.



Extras

An extra sweater, pair of wool socks (suitable for the temperature) and up to 3 extra pairs of mittens should be in spare bag at all times!

Keep the children warm and layer up :)

OMFS Layering System