ACORN HILL
WALDORF KINDERGARTEN & NURSERY

"There is no such thing as bad weather, only bad clothing"

Acorn Hill's Waldorf outdoor program is all about play, work, and learning in all types of weather. Clothing is one of the most important factors in ensuring that children are comfortable in the outdoors and able to fully engage in their environment. Not all clothing is the same and certain brands have put more effort into ensuring that every detail is accounted for.

Please note that sizing up on outdoor clothing inhibits the child's movements so please look carefully at the measurements rather than the age range.

We have provided links to examples of clothing as a guide. We have primarily used Amazon as an easy way to convey this information, however, please feel free to explore other options. The clothing does not need to be brand new, just in good condition, warm, and waterproof - hand me downs and second hand items work very well. The most important item of clothing is the all-in-one waterproof rain/snow bib.

Please label all your children's belongings with their name. Suggested labels.

Clothing for Warm Weather

At the start and end of the school year, when we engage in a lot of water and mud/sand play, children come to school wearing water shoes, rash guard pants and a cotton t-shirt. These pants are just like bathing suits except that they offer more protection to the children from the wet, sun, ticks, scrapes and falls.

Water shoes with closed toe: most water shoes do not dry in under 5 minutes, therefore we ask for shoes made of the quick-drying EVA material: Suggested water shoes with closed toe

Water pants: Suggested water pants

Clothing for Cooler Weather (Early Fall/Early Spring)

Base Layer

- Soft leggings for all children (no snaps, buttons, zippers or ties)
- T-shirt
- Sweater or fleece

Boots

When the weather is wet or cold, children must come to school in warm boots. We have learned that instead of buying multiple boots for this weather, it is best to only buy one pair that keeps their feet both warm and dry. These are boots with a neoprene shaft which makes the leg part flexible, while the foot part is waterproof. Option 1:Bogs, Option 2: Oakiwear

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Rain Bib

Once the weather gets cooler, your child comes to school in waterproof bibs regardless of the weather. This protects their clothing, keeps them dry and warm, and allows them to engage in any kind of play spontaneously. These bibs are waterproof and have straps at the bottom to go over the boots. We do ask that you purchase these from Reima as other brands are not as effective, and children often end up wet and/or cold. Suggested rain bib

Jackets

Two jackets are necessary. One for dry and cool weather (fleece or puffer layer) and one for wet weather (completely waterproof layer). If needed, these can be layered.

Dry/Cool weather: Option 1: Fleece jacket, Option 2: Puffer jacket

Wet weather: Raincoat

Clothing for Cold Weather (Winter)

Once the temperatures drop into the low 40s and 30s, we start wearing winter gear. Please dress your child in layers. The general rule is that children need one more layer than adults:

- **Base layer** on top and bottom (wool, silk or synthetic and not cotton which retains sweat and will cause your child to feel cold):
    - Long johns: On the top, this can either be short sleeve, long sleeve or sleeveless.
    - Socks: long enough to come higher up on the legs
- **Mid layer** on top (for warmth): sweater or thick long sleeve
- **Outer layer** on top and bottom (protects from the elements):
    - Fleece lined rain bibs or snow overalls
    - Waterproof jacket with a hood (with pockets for mittens and ideally with cuffs to keep out the cold)
    - Hat which fits snug on the head (balaclavas keep necks warm in addition)
    - Mittens: 2 pairs of flexible, brightly colored mittens that fit well
- Look for layers that can overlap so that there are no gaps (elastic on overalls that goes over boots, fleece sweater with thumb hole, balaclava or turtleneck, long socks).
- **Wool long johns:** This website sells woolen pajamas for a reasonable price and explains the qualities of wool well: Woolino

Snow Bib Suggested snowbib

Jacket Instead of layering on cold days.Suggested jacket

Mittens

The ideal mitten for a young child is one that is flexible, warm, fits well, and that they can put on and take off themselves. This independence is very important as children are constantly using their hands and often need to remove the mittens.

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Measure your child's hands to find the right fit (do not just go by age group or you may end up with something either too small or too large).

Younger Children:

For most days, fleece mittens provide the warmth that is needed. We mainly want something that protects the children from the cold and that they can easily take off and put back on themselves as needed. On days that are wet or snowy, a waterproof mitten is preferable and the teacher will help them if needed.

Older Children:

For older children, any kind of mitten or glove works as long as they can take them off and put them back on all by themselves.

Fleece mittens: Suggested fleece mitten

Waterproof mittens: On rainy and snowy days, a waterproof mitten is good. If it fits properly and is flexible, it's actually better than fleece mittens in all kinds of weather. If you have an older, more independent child, these are preferable. Suggested waterproof mitten

Beanie hat

Place a beanie (a tight-fitting hat without a pompon so that it fits under the hood) in your child's backpack at all times. Suggested beanie

Clothing Tips

- No gloves for children who are unable to put them on themselves. This is particularly important for the Nursery age children. Gloves are too bulky, too difficult to put on and not warm enough.
- No one-piece snowsuits. They are hard for children to put on by themselves and make using the bathroom difficult. They are often too hot for our climate.
- No puffy hats. These fall over a child's eyes and do not fit under a hood.
- No scarves or puffy neck warmers (turtlenecks are best or thin neck warmers that don't inhibit movement or nothing is ok too).
- No short cotton socks: Children need warm, long, socks to keep feet warm and go over leggings to prevent any gaps.
- No dark colored mittens if possible. These are difficult to find among the dirt and leaves.
- No print or commercial/media images on any clothing (animal or other prints are fine)

Extra clothes for changing

Please provide extra clothing (3 underwear, 3 socks, 2 t-shirts, 2 leggings) for changing into if needed. Please hand the replacements to the teacher the following day whenever your child comes home with extra clothing.

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School Supplies

- **Backpack:** It should be at least 14x10 inches and easy to open and close (it will be used to store any extra gear throughout the various seasons). Please no media or cartoon images. Example 1, Example 2
- **Snack container:** Each child brings their own empty snack container which goes home with them at the end of the day to be washed and brought back the following day. We strongly recommend the container below, as it is just the right size, easy to open and close, and has only one section. Suggested snack container
- **Water bottle:** 12 oz is a good size for children this age. Simple or no images (especially no cartoon/media characters). This one is the right size and keeps liquids cool for the fall and spring, and warm for the winter (for warm tea): Suggested water bottle
- **A small towel** that can stay at school for drying their hands outside. It is helpful if this dish towel is somewhat distinct in pattern or color so that your child may easily find it in a row of other towels.
- **Change of clothes:** 3 underwear, 3 socks, 2 pants (no buttons or zippers), 2 shirts. Please replace these as your children use them, and as the weather changes.

For Full Day Children Only:

- **Lunch box:** Each full-day child brings lunch in an insulated single container type lunch box. We recommend purchasing one of these Bento boxes: Example 1, Example 2
- **Sleeping bag:** (Oak and Willow class only) Once the weather gets cooler, children will need this.
    - Rated for cold weather 25/30 degrees or below.
    - Mummy shaped to keep the child warmer (and takes less space to store)
    - Polyester inner and outer shell so woodchips don't get stuck in the fabric.
    - Child size so it's not too long and does not stick out too much of their mat.
    - Please no media images.

Option 1, Option 2, Option 3

- **Small stuffy:** For rest time, optional

For Owls' Nest and Nursery Children Only:

- **Indoor shoes:** The best shoes are rubber soled (non-slip) Example slippers