



What to Wear and pack!

Winter Edition

A big day outdoors as the weather gets a bit cooler means being warm, dry, and prepared for anything the weather brings! We head out rain or shine, so please ensure children are dressed appropriately and here are some ideas to pack:


Clothing (Warm & Waterproof is key!)

- Warm **layers** (wool/merino/thermals recommended – top & bottom)
 - Long sleeve top and warm jumper/fleece/ Insulated jackets
 - **Waterproof rain jacket (essential)**
 - **Waterproof overpants (essential)**
 - Warm **hat/beanie**
 - **Thick socks**-gumboots aren't very warm!
 - **Gloves** (optional but great for colder days)
 - **Gumboots** or sturdy waterproof shoes- snow shoes are awesome!
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Spare Clothes (A must!)

Please pack **at least 2 full sets of spare clothes:**

- Tops
- Bottoms
- Underwear
- Socks

 Winter = mud, water, and full immersion in play — children will get wet, and often more than once!

Food & Drink

- A **nutritious lunch** (waste free)
 - Plenty of **snacks** (we get extra hungry in the cold!)
 - **Full water bottle**
 - Optional: **thermos with something warm** (soup, noodles, hot chocolate – highly recommended)
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Wet Weather Essentials

- Towel (for drying off if needed)
 - Wet bags/Plastic bags for wet/muddy clothes
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All Weather Extras

- **Sunhat** (yes, even in winter – keeps rain off faces too!)
 - Sunblock (term1 & 4)
 - **Insect repellent (essential)**
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Nice to Have (Optional Extras)

- Neck gaiter (scarves often get in the way)
 - Head torch or small torch  (great for exploring darker bush areas, hut hangs)
 - Hand warmers
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! **Important Notes**

- Please **name everything** clearly
 - **Dress your child ready for the day** (we don't want them starting cold!)
 - **Polar fleece, soft shell** clothing is better than normal tracksuit material.
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! **Personally-** I don't regulate my body temperature well. What works for me when it's really cold is;

- Doubling up my merino long sleeves
- Polar fleece/jumpers vests
- Woollen jumper.
- Wind proof jacket/ padded jacket
- Merino leggings
- Neck gaiters- one for my neck and one for my ears.

- Two pairs of socks
- Over pants- I love mine from torpedo 7
- Half gloves- fingers exposed
- And a fire to start the day!
- Having a clean dry flexitub in the car!

If in doubt, pack extra — it's always better to have too much than not enough in winter!

We can't wait to spend the day outdoors with your children — rain, mud and all! 