



Clothing Tips for Every Season

FALL

Clothing & Gear: Waterproof rubber boots, hiking boots or sneakers, jacket or sweatshirt, rain jacket w/hood, rain pants, hat, gloves/mittens, sun hat

Tips: Weather is unpredictable this time of year and having lightweight layering options and rain gear is a must.

Finding a balance between clothing that is warm enough but not too warm can sometimes be a challenge this time of year.

Always have a jacket available. Even if it's warm, the weather can change throughout the day.

Dress in layers. Start with a comfortable short-sleeved shirt and pants. Then add a long-sleeved shirt and a light jacket. Your child can remove clothing as needed and add clothing when the weather cools off.

Wear comfortable closed-toe shoes. While sandals are fun in the summer, they are not safe for playing outside in the fall and winter.

Dress in clothes that are easy on and off. Avoid clothing that has too many buttons or zippers. Instead, wear clothes that slip on and off easily.

Keep a hat and gloves available as an option.

WINTER

Clothing & Gear: Waterproof/insulated snow boots, waterproof snow pants, waterproof winter coat, multiple insulating layers, waterproof mittens/gloves (2 pairs), scarf/neck cover, hat/ear covers, wool/fleece socks

Tips: Dressing your child in layers is the most important part of staying dry and warm. Not only will this keep body heat in, circulate air and wick moisture away, children can also add or remove layers to adapt to the weather and their activity level.

There are three main layers to consider. However, some clothing combines these layers into one product.



The **base layer** should be a moisture wicking material that lays close to the skin. These include nylon, polyester mix, polypropylene, silk and merino wool. Stay away from 100% cotton, as it holds moisture.

For the **mid layer**, think warmth. This is the layer for insulation and retaining body heat. Fleece, Merino wool, down or synthetic materials are best. These could include sweatshirts, sweatpants, sweaters, etc. Really anything warm. The thickness of this layer will depend on the temperature outside and your activity level.

Waterproof materials are best for the **outer layer**. This layer protects from wind, rain and snow. Look for Gore-Tex and similar fabrics that are both waterproof and breathable.

Layering Guide



SPRING

Clothing & Gear: Waterproof rubber boots, hiking boots or sneakers, jacket or sweatshirt, rain jacket w/hood, rain pants, hat, gloves/mittens, sun hat

Tips: Just like in the Fall, weather is unpredictable this time of year and having lightweight layering options and rain gear is a must.

Dress in layers. Start with a comfortable short-sleeved shirt and pants. Then add a long-sleeved shirt and a light jacket. Your child can remove clothing as needed and add clothing when the weather cools off.

Sunburn can happen just as easily during mid to late-spring days as it does in the heat of the summer. Therefore, wearing sunblock and a lightweight baseball cap or sun hat can block your child's face from incoming rays.

SUMMER

Clothing & Gear: Close-toed sandals or shoes, sun hat or baseball cap, light-weight long-sleeved shirt for sun protection, rain jacket w/hood, rain pants

Tips: Staying cool while protecting skin is the challenge in summer months.

Sunscreen should be applied every day before playing outside and reapplied after water play or sweating. Hats can be used to protect your child's face, neck, ears, and scalp.

Hot weather creates a need for simple clothing with minimal layers. Select lightweight, synthetic clothing that allows air to reach the body, lets sweat evaporate, prevents irritation, and cools the skin.

Close toe sandals are great this time of year. Get a waterproof sandal made of quick-drying fabric and a flexible sole. Keen sandals are great! I have had mine for four years and wear them almost every day in the summer months. I even wear them hiking!