



## FVMA School Supply List & Weather Appropriate Clothing Guideline for Outdoor Play

A very important part of our program at FVMA is quality outdoor time! Students at FVMA go outside twice a day during the school year except during inclement weather. It is important that students come prepared with the proper gear to enjoy outdoor time without limitation or discomfort. Students will go outside during light rain as well; therefore, we encourage parents to consider investing in a rain/mud suit such as a Muddy Buddy which can be purchased on Amazon. Allowing children to freely explore the outdoors is the most wonderful sensory experience for growth and development and we encourage our students to get messy and have fun!

Below is a list of general school supplies that are necessary to have at school. **\*\*Please make sure your child's supplies are labeled.\*\***

### All Year

- Water bottle
- Inside and Outside shoes- no laces, no flip flops for outdoor shoes
- Two full changes of clothes (weather appropriate by season)
- Crib sheet (excluding Nest and FH2 class), blanket, small pillow, comfort item if needed
- Helmet for balance bike use (OPTIONAL)

### Summer

- Swimsuit
- Swim Diapers if needed
- Sunscreen

- Towel
- Hat

### **Winter**

- Warm, water resistant jacket
- TWO pairs of water resistant gloves
- Snow pants
- Snow boots
- Winter hat, preferably two
- TWO pairs of extra socks
  
- A base layer or wicking layer of clothes is especially useful (but not required) during colder winter days: Merino wool, silk and synthetics (polyester, polypropylene, nylon) are great options.

### **Spring/Fall**

- Rain boots
- Raincoat or Muddy Buddy (rain/mud suit)

### **First House/Nest (In addition to items listed above)**

- Diapers
- Wipes
- Diaper Cream
- Breastmilk/Formula
- 1 or 2 bottles
- Pacifier if needed
  
- Swaddler if needed

### **Weather Appropriate Clothing Guide:**

Staff at FVMA will follow the Child Care Weather Watch Wisconsin Wind Chill Weather Chart to determine appropriate safe temperatures for outdoor play.

The temperatures listed below are according to the “feels like” temperature reported on a local weather app. The temperature may change after students are outside in which staff will make adjustments to maintain comfort and safety. Staff will follow this guideline for dressing students appropriately for outdoor play:

Below 35° - All snow gear- WATER RESISTANT gloves and boots, snow pants, hat, and a winter jacket

35-40° - snow pants can be replaced with mud suits if most snow has melted and hats can come off during play if it is a sunnier day; *Note: babies may still need snow suits, booties for non-walking babies*

40-50° - during dry conditions: winter jacket, boots, hats and gloves. Gloves and hats can come off during play if it is a sunnier day. Outdoor shoes may be sufficient if the playground is dry. *Note: babies may still need snow suits, booties for non-walking babies*

50-65° - lightweight jacket, long pants and weather appropriate shoes

65-70° - lightweight jacket or sweater as needed dependent on sunshine, hat for sunnier days

70-80 - weather appropriate clothing & shoes, hat

80° - swimsuits for pool days, hat, lightweight clothing

NOTE: Sunscreen is applied to visible skin when the UV index is at 3 or higher and is reapplied every 2 hours

The below chart is a visual representation of suggested clothing guidelines by temperature:

# DRESSING OUR KIDS FOR OUTDOOR PLAY IN ANY WEATHER

(adjust for exposure and activity level)



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