

# Dressing for the Outdoors

# Parents Information Pack

Project Title. ....

Setting Title.....



For our project to work effectively and gain as much benefit as possible from it, it is essential that the right clothing and protection from the elements is worn.

Please read the following information about what clothes work best outdoors. It is also advisable to have a practise wearing the clothes at home to ensure it all fits comfortably.



### Quick packing list

In a large bag that will stay on the peg with school clothes in.	Base layer
	Mid and thermal layers
	Waterproof jacket and bottoms
	Footwear and socks
In a small rucksack that will go to the woods	Bottle of water
	Hat and gloves
	Any other essentials

### Layering clothes

Layering clothes means that clothes can be put on and taken off, when necessary, to keep a comfortable temperature. Outer layers can be removed if an individual is feeling too hot, allowing the body temperature to drop to a comfortable level. By keeping a base and mid layer on, it prevents the body temperature dropping too much, when outer layers are removed. Frequently, children have too many or too bulky clothes, preventing them from moving easily. If they are wearing a bulky coat they are too hot with it on, or too cold with it off. Getting the layers of clothing right, really helps when outdoors.

The clothing recommendations given are just a guide and often the ideal situation is not possible. Hopefully it will help you to dress more effectively when outdoors.

## Base layer for cool weather

Children & Adults	Comments
Close fitting short sleeved T- shirt or thin long sleeved T-shirt	<p>Cotton is the most common type of clothing worn. for longer more substantial projects and it can become very cold if it gets wet. We recommend a different type of material for a base layer, particularly if you/your child sweats easily. If you are spending longer periods outdoors, you may wish to invest in polyester or merino wool thermal layers. Merino wool can be expensive, however.</p> <p>Avoid collars and hoods. Any bunching and added bulk around the neck and chest can be restrictive, when further layers are added.</p>
Vest and tights or leggings (if very cold) Thin Socks	



## Mid Layer


Children & Adults	Comments
Close fitting, thin fleece jumper or jacket or sweat shirt (such as school sweatshirt)	<p>The purpose of the mid-layer is to provide warmth through trapped air. Typically a mid-layer is a fleece or wool layer. A mid-layer usually has some loft to it, to help trap the warm air, and is also breathable so it does not retain sweat.</p> <p>Avoid collars and hoods as any bunching and bulk around the neck and chest can be restrictive when further layers are added.</p> <p>Avoid mid layers that are too thick as when the outer lay is put on, it can be too tight and restrict movement.</p> <p>Trousers need to be flexible and not restrictive when bending, sitting and kneeling.</p>
School trousers or tracksuit bottoms	




## Insulation Layer

Children & Adults	Comments
Coat Thick Fleece Down jacket Synthetic down Jumper Thick hooded Sweat shirt	<p>The insulation layer, whether natural, synthetic or down, provides extra loft and warmth that is essential on very cold days.</p> <p>Ideally, the insulated layer needs to fit snugly over the mid layer and allow for movement. When the weather is dry but cold, this insulated layer can be worn without a waterproof outer layer, however, more breathable material, such as wool or fleece is not windproof. It is important to have an outer windproof layer either built in or added as the outer shell layer.</p>

## Outer shell/Waterproof layer

Children & Adults	Comments
Waterproof coat with a hood or all in one	<p>This layer is the single most important layer to get right. If this is correct, as long as you have some warm clothing underneath, irrespective of the number of layers or material type, then you are much more likely to remain protected from the damp and cold.</p> <p>Ideally choose breathable, waterproofs to prevent moisture build-up on the inside. Please note that cheaper clothing will be less robust and better quality, longer lasting clothing, more expensive.</p>
Waterproof trousers Waterproof dungarees Waterproof salopettes	

## Extremities

Children & Adults	Comments
Hats and balaclavas	Keeping the extremities warm is a really effective way to help maintain body temperature.
Gloves Mittens (ideally waterproof)	<p>Ideally gloves or mittens want to be waterproof but these can be expensive. Any gloves are better than no gloves at all.</p> <p>Please note If gloves get wet they can hold the chill against your hands, contributing to a reducing body temperature.</p> 

## Footwear

Children & Adults	Comments
Shoes Boots	It is important that feet do not get wet. Feet can get wet in several ways: Shoes or boots leaking water through to the foot, water or snow coming over the top of a welly or boot, strenuous exercise causing sweating inside a non-breathable boot.
Wellies	

## Dressing for the Sun

Children & Adults	Comments
Sun hat Loose fitting light clothing	Sun hats preferably with some protection on the back of the neck.
Sun cream	If you are in the woods or natural environment, clothing with long legs is ideal to avoid bramble scratches and nettle stings.

## How to dress

It is really helpful for you to practise putting on all the layers at home. You can check it all fits well and is not too tight and your child knows what to wear when they get changed at school.



This child has a vest and a long sleeved cotton t-shirt base layer under their jumper. They are wearing school trousers tucked into their socks under the waterproof dungarees.

Although they already have three layers on, you can see that their clothing is not too bulky and they still have freedom of movement. When running about on a cold winters day they will probably not even need to wear their jacket. They can put their warm jackets on if they stop and sit for a while.

Most waterproofs are generously sized to fit over base and mid layers. These Togz Warm and Dry dungarees are not tight and allow movement to bend and kneel. The waterproof dungarees are pulled down over their boots.

A couple of useful tips:

- Tucking trousers into socks helps socks stay up and stops cold air reaching the skin. Tip make the trousers as flat as possible by folding around the leg before you tuck them in the sock.
- When tucking trousers in socks only tuck the bottom couple of cm's of the trouser in as when you come to bend your knee the clothing may restrict movement as it stuck down your sock.



The same child now has a waterproof coat on, water resistant mittens and a woolly hat.

This coat is lined and has a thermal and outer layer in one - similar to wearing a fleece jacket and a single layer waterproof jacket. If he gets too hot running around, he can take his hat and gloves off and pop them in his rucksack. If he gets even warmer, he can remove his coat. His jumper and base layer will continue to offer protection from the cold.

**Tip:** Make sure waterproof trousers come down over the boot and are not tucked into it. If it rains it would run straight down into the boot.



### **How to pack clothes**

Pack most outdoor layers in a large bag e.g. cloth reusable shopping bag. When the children get changed they can put their uniform in this bag and hang it on their peg.

Provide a plastic bag for muddy boots and clothing.

In a small rucksack pack a small bottle of water, hat and gloves and anything else they may need with them eg. sun cream, insect repellent. (This goes with them outside)

## Conclusion

The outer waterproof shell is the most important item of clothing. If this stays dry and does not leak, then any combination of clothing underneath, will work very well. Avoid too much bulk around the neck and shoulders and if it's wet, don't tuck your waterproofs into your wellies!

Good waterproof clothing is an investment and with care it can last for years. It can make a difference on how children access the outdoors not just on our projects, but also when out and about in the parks and other places, where it supports freedom to explore, play and get muddy.

Muddy Faces outdoor clothing and resources provider  
have created this parent information sheet for free  
Supporting schools nurseries and other groups to enable children  
to access the outdoors more effectively.



Visit [www.muddyfaces.co.uk](http://www.muddyfaces.co.uk) for a tried and tested range of waterproof clothing and lots more equipment to help get you and your family outdoors.