



What to wear and how to prepare?

WOW School programs are uniquely immersive in the outdoors. From sun to mud to rain and more its best to be prepared for a full day outside. Use this guide to help you get ready for your next program.

Tips for what to wear:

- Comfortable clothes that can get dirty.
- **Avoid cotton as much as possible.** When it gets wet, it loses insulation properties and will not keep you warm. Choose synthetics or wool instead.
- Sturdy shoes that can get dirty and possibly wet.
- Rain gear just in case.
- Extra change of clothes.

In Warm Weather We Recommend:

- Waterproof layer like a rain jacket, optional rain pants
- Comfortable pants or shorts and comfortable long or short sleeve shirt
- Extra mid layer like a fleece if the temperature drops or the weather changes
- Comfortable sturdy outdoor shoes for hiking, running and getting dirty
- Extra change of clothes including socks
- Optional sunhat, sunglasses, sunscreen, bug spray etc.

Cold Weather:

Please **avoid cotton clothing** in cold and wet weather as it is a poor insulator when it gets wet from weather or sweat! We recommend the three layer system for cold weather which includes a thermal base layer, the secondary fleece middle layer, and a waterproof insulated outer layer.

- Waterproof jacket and rain pants
- Thermal base layer top and bottom (wool or synthetic are great)
- Fleece or other synthetic pants/upper midlayer to wear over thermals
- Warm outer layer jacket and snow-pants
- Warm hats, gloves, scarves, buffs etc (please pack extras in backpack)
- Warm socks (please pack extras)
- Warm winter boots that are waterproof
- Optional hand warmers

What to pack in backpack?

We will be outside all day and its important to have what you need in your pack. Also keep in mind that we will often be moving or hiking so **only pack the essentials so you don't get weighed down**. Lunch will be outside and we follow leave no trace policies. This means whatever you pack in, you will also have to pack out including all trash, recycling and food scraps.

- A full water bottle (at least 750 ml or 26 oz)
- Mid- Morning snack for youth, optional for adults
- Picnic style lunch that is ready to eat. (We recommend choosing food that will sustain lasting energy. Warm food in a thermos is a great idea for colder weather)
- Extra socks, and in cooler weather extra hat and gloves
- Journal and pencil

Optional gear like:

- compass and maps
- magnifying glass or binoculars
- small bug catcher
- flint/steel or ferro rods
- paracord for knot tying
- first aid kit
- emergency blanket
- cup for tea
- Adults are welcome to bring a fixed blade bushcraft type knife with a 4"-5" blade and a sheath. We ask youth 8yrs+ to check with an instructor at the beginning of class if they are interested in using a knife. We recommend the [Morakniv companion knife](#).

What to leave at home?

- Electronic devices
- For youth, leave toys or cherished items that may be lost or misplaced

Medications:

Please notify us if your child has an allergy, medical condition or illness that requires medication administration during program.