Sprouts Nature School - Packing List

Required

These items must be brought **every day**, regardless of season or weather.

1. Clothing & Weather Gear

- Weather-appropriate clothing (layers in fall, winter, spring; breathable clothing in summer)
- Waterproof jacket when rain is predicted; snow jacket for cold days
- Waterproof snow pants or rain pants if weather is going to be wet or cold
- Winter hat / sun hat (seasonal)
- Waterproof mittens or gloves in winter
- Extra pair of socks
- Closed-toe shoes or boots appropriate for weather
- Warm base layers in cold months

2. Backpack Essentials

- Full water bottle
- Packed lunch (and snacks if needed)
- Any necessary medications (with required forms on file)

3. Hygiene & Cleanliness

- Hand sanitizer (optional - staff also carry it)
- Tissues or small pack of wipes

Recommended

These items are helpful but not required. Families may choose what works best.

1. Additional Comfort Items

- Neck gaiter or balaclava in winter
- Lightweight gloves for shoulder seasons
- Extra mid-layer (fleece, wool, or thermal)
- Heat packs for mittens/boots (winter)
- Cooling towel or sun sleeves (summer)

2. Optional Gear

- Binoculars
- Small nature journal + pencil
- Pocket magnifier
- Sunscreen (applied at home; small bottle allowed if needed)
- Bug spray (applied at home; small bottle allowed if needed)

3. For Very Wet or Muddy Days

- Second pair of gloves (highly recommended in winter)
- Extra socks (always highly recommended)
- Plastic bag for muddy items
- Waterproof gaiters
- Extra rain layer

4. For Snow & Ice Days

- Warm socks made for cold weather
- Snow goggles or sunglasses
- Insulated mittens (bonus pair)

5. For Hot Days

- Light long sleeves for sun protection
- Reusable ice pack wrapped in cloth
- Electrolyte tablets