



## PATHFINDERS TO BRING LIST

Items to pack in order to have a prepared Child

### LIST OF NECESSARY ITEMS:

- Backpack
- Lunch and water each day in reusable containers
- Full rain gear for the winter: rain boots, rain coat, rain pants
- Soft soled shoes i.e. tennis shoes, keens, moccasins, AVOID heavy duty hiking boots and NO CROCKS.
- Extra Clothes in a Ziploc bag with your child's name on it

### EXPLANATION OF WHAT TO BRING (PLEASE READ ):

- Child size backpack-good ones can be found at REI Please make sure they are not adult size. If it is too big it greatly weighs them down. Also, make sure it is big enough to carry their food, water and any extra clothing. If all of their gear cannot fit into their backpack, you are packing too much.
- Each day they bring their own lunch plus water. Pathfinders is an eco-friendly program and requires reusable containers for your children's lunches. Liquid's such as yogurt or juices MUST be in a reusable containers as they can become quite a mess otherwise. In addition, please no candy. Thank you for your cooperation with this. The children love to share their food so the less super sugary sweet things that you bring the better for those that don't wish their child to have them. Fresh fruit, raisins and the like are good alternatives or natural fruit rolls.
- Lightweight shoes or moccasins are really good for

Pathfinders during the warmer days. The lighter the sole of the shoe the more able they are to connect to the Earth and the easier for them to walk around. Children have a tendency to trip and fall far more easily when they are wearing bulky shoes.

- During the rainy months a very good rain suit (coat and pants) and rain boots are an absolute necessity! No umbrellas.
- Rainy day tip: Keep the rain pants on the outside of the boots, not tucked in. When they are tucked in water can get in right away when they jump into puddles.
- During winter and cold days fleece or wool are the recommended materials. Cotton is rendered useless the moment that water or perspiration comes in contact with it. Many thrift stores have a lot of these things for children. The children can often come home quite dirty and used clothes can add that little extra sense of freedom that it's ok to get their clothes dirty.
- On rainy days PLEASE have them come fully prepared, check weather forecasts the night before. If a child comes blatantly ill prepared for the weather they will be sent home. Therefore, they MUST have good rain pants, rain boots and rain coat. Thank you for your cooperation. This makes your child's experience and the other children's experience that much more enjoyable and enables greater outdoor ease and comfort.