



Dr. Freda Miller School Field Study Gear Check-List

Please use this check-list as a guide for dressing your child for field studies.

BODY	
Thermal underwear (worn underneath sweaters, shirts and pants as a base layer to keep your child warm)	
Warm fleece sweaters (Fleece wicks away moisture and keeps your child dry)	
Windbreaker (Thin, sometimes insulated, layer worn overtop as a means to cut the wind)	
Rain Jacket (Waterproof, breathable, hooded is best)	
Winter Jacket (Waterproof is best, down-filled is warm, but wets easily, look for longer jackets to cover their hips and bums)	

LEGS

Splash Pants

(thin, waterproof layer for rainy/damp days)



Snow Pants

(waterproof, covers mid-section as well)



Fleece Pants

(great as an insulation layer on colder days, can use as a single layer on warmer days)



HANDS

Thin Gloves

(cotton or fleece – use as a layer under waterproof gloves – use as a single layer on warmer days)



Water-proof Gloves/Mittens

(mittens best on really cold days, gloves are useful when journaling or needing fingers to pick up things)



HEAD/NECK

Toque/Winter Hat

(look for toques long enough to cover their foreheads and ears – waterproof is a bonus)



Sun Hat

(spring & summer - look for hats with a brim to shade their face from the sun)



Neck Warmer

(great on cold, windy days to protect their neck/lower face)



FEET

Shoes with traction

(best on warmer days in spring and early fall)



Rain Boots

(usually non-insulated, best paired with warm socks)



Water-proof Winter Boots

(look for something with good traction - avoid laces)



Socks

(Wool and cotton are best to keep moisture at bay. Longer socks are great on cold days to cover some of the leg)



MISC.

Water Bottle
(leak-proof)



Insect Repellent
(apply at home before school for field studies out in forested or grassland areas)



Sunscreen
(look for one with a physical blocker (ie: zinc) – lotions work better than sprays. Apply at home before a warm, sunny field study)

