

# Wee Wild Sparks Kit List

## A guide to outdoor clothing



*“There is no such thing as bad weather, only inappropriate clothing”*

Clothing is the most important factor in whether your child enjoys their days in the woods. Warmly dressed children will enjoy themselves even in wet cold conditions, but cold, wet children will not be able to enjoy anything the nursery and the woods have to offer.

**In addition to their clothing, your child will need a sturdy bag that they can carry themselves, containing a change of clothes enclosed in a plastic bag, their lunch and a water bottle. Children must be able to carry their own bag.**

We get a lot of questions about clothing, so the following list is very detailed! Please don't be alarmed as we are happy to talk it through with you and can guide you to websites and shops that Wild Sparks families have found useful.

Clothing needs change throughout the year, but if you opt for layers you don't need a separate wardrobe, just less of the same in the **summer\***.

Clothing becomes more important in **winter**. The guidelines below are for when it drops below freezing and there may be accompanying wind and/or rain.

	Base layer	Middle layer	Outer layer
<b>Feet</b>	2 pairs of socks including 1 thermal / fleece/ wool pair		Wellies with thick socks or welly liners
<b>Body/Arms</b>	Vest / thermal top	2–3 thin tops / t-shirt including 1 long sleeve top & Thick jumper or fleece	Waterproof jacket and trousers or full body suit. <i>*(Please make sure your child has waterproofs in their bag all the time even in dry summer weather. The ground can be soggy all year round and we must be prepared for unpredictable weather. Waterproofs keep mud and grit out as well as water and keep children comfortable.)</i>
<b>Legs</b>	Thermal leggings / thick tights	Ordinary trousers	
<b>Head / Neck</b>			Cosy hat Cosy scarf
<b>Hands</b>			2-3 pairs of Magic gloves & 1 pair of cosy waterproof mittens

### Feet

Whilst walking boots are warmer, we find most families opt for **wellies** with thick socks or welly liners, simply because these are the more waterproof option. Cheap wellies will split and wear out easily but are often available for a few pounds in charity shops. Higher quality, and more expensive, options, are more flexible and longer lasting.

A good quality leather or composite **walking boot** is also good, but they won't keep your child's feet dry on very wet days or if they paddle above ankle depth (which many do!).

Brands we've seen perform well include [Bogs](#), [Hunter](#), [Spotty Otter](#) and Dunlop Blizzard, but there are many more to choose from.

### Body / Arms / Legs - Base Layer

If you want to invest in good quality thermals, we recommend a merino wool base layer, which keeps the body cool in summer and warm in winter. Standard thermals are a pretty good second option.

### Body / Arms / Legs - Middle Layer

A fleece jumper is windproof, soft, warm and not too bulky so fits comfortably under a jacket.

We recommend that arms and legs are covered all year round to protect against stings, scratches, ticks and sunburn. It's cool and shaded in the woods so there is little chance of your child overheating.

## Body / Arms / Legs - Outer Layer

We recommend either of the following first two options:

### **Thick polyester (PU) separates**



Trousers with an elasticated waist, or waterproof dungarees with clips and a waterproof jacket.

This PU material has a rubber like quality so is totally waterproof and doesn't rip easily. Many brands offer a fleece-lined version which is great for winter, though we'd still recommend piling the layers on underneath this material.

Brands we've seen perform well include Lupilu (available at Lidl from time to time and Amazon and Ebay), [Didriksons](#), Rukka and [Wet Wednesdays](#).

**OR**

### **Thick, breathable ski-style suit / jacket**



A thick, waterproof all in one suit is a good option and may mean that you need fewer layers underneath.

Made from composite materials this option has a Gore-Tex type outer layer that is durable and waterproof, and a cotton or fleece and mesh lining. The composition is breathable and warm and doesn't require lots of under layers, but slightly bulkier and more cumbersome than the PU alternative. They are also more expensive, but the top end brands are tough enough to pass or sell on once outgrown. A mix and match approach works well; PU bottoms and a thick ski-style jacket.

Brands we've seen perform well include [Didriksons](#), [Spotty Otter](#) and [Polarn O pyret](#).



### **Puddle or rain suit – thin polyester**



All in one puddle suits are tempting but be aware that they are often splash proof rather than fully waterproof. They are too thin and not durable enough for the sort of activities your child will regularly be doing at Wee Wild Sparks. They are fine for a little splashing in puddles and a walk-in light rain, but that's all.

## Hands

The type of **Gloves** you choose depends on your child's preference. Children often remove gloves to explore textures, resulting in cold fingers, so thermal mittens can be helpful as they go on easily and warm hands up fast. A suggested brand for thermal gloves is [Didriksons](#).

Ski gloves are wonderfully cosy but have sausage-like fingers that make it hard to handle small objects

Magic gloves come highly recommended by parents of outdoor nursery kids as they are inexpensive, easy to get on and allow lots of movement. However, they are not so good once wet, but they dry out fast by the fire. They make good eating gloves if you want to put a clean pair in with the lunch box.

We recommend sending a few options in your child's rucksack so they can chop and change throughout the day. Children rarely wear gloves for long, but it's good to have them for short stints to warm up.

There are many websites where you can source good quality outdoor clothing, including [Little Trekkers](#) and those highlighted in this kit list above. Remember [Ebay](#) can also be a great source of second-hand gear.

We also have a range of spare clothes on site that we are happy to show parents so you can see or try different options before committing.

Please also let us know if you have any clothing tips you want to share with other families!