

**ALL ITEMS AND CLOTHES *MUST* BE CLEARLY MARKED WITH CHILD'S NAME OR SYMBOL & *MUST* BE FREE OF CHARACTERS FROM POPULAR SHOWS, MOVIES AND GAMES**

**School Supplies Checklist**

Here is a list of gear needed for all ERS children EVERY DAY:

- Nap Mats
- Hiking backpack with chest strap & whistle
- Water Bottle with sport cap. Key features to look for are leak-proof tops and a loop or handle for easy carrying
- Everyday Shoes: Closed toed, quick drying, water-friendly and easy for your child to manage fairly independently, e.g.: [Kids Bestsellers \(nativeshoes.com\)](http://kidsbestsellers.nativeshoes.com) or [Anker Gray/Blue | See Kai Run](http://AnkerGrayBlue.com)
- Wolf Trap Day Shoes: Sturdy, well-fitting athletic or hiking shoes.
- Chlorine/Character free pull-ups (for potty learners)
- Wet bag (OR large slider Ziploc)
- Dry bag (OR large slider Ziploc) filled with AT LEAST one complete change of clothes (2 changes required for Acorns and any potty learning children)
  - Socks (2-3 pair)
  - Shirt
  - Pants (at least 2 for any potty learning children)
  - Underwear (2-3 pair)
- Rain suit, one size up, so thick layers can fit underneath
- Rain or winter boots (appropriate for the season)
- Appropriate “outer” clothing and footwear for the season (in addition to the above)

Fall

Sunhat  
Fleece jacket  
Lightweight gloves  
Rainsuit  
Rain boots

Winter

Snow pants  
Snow hat (fleece or knit)  
Winter coat  
Snow boots or well-lined, warm rain boots  
Waterproof mittens  
Knit/fleece gloves or mittens  
Rain suit (worn over winter coat on wet days)  
Water resistant winter coat  
Extra layers of clothing, long underwear, double socks, etc...

Spring

Rainsuit  
Rain boots  
Sunhat  
Lightweight gloves  
Fleece jacket

Summer

Sunhat  
Rain jacket or rainsuit  
Rain boots  
Optional: SPF protective clothing for children with fair/sensitive skin

## Details & Helpful Hints about gear

*Below are details about the required gear outlined above. Specific products listed are suggestions. Other products you find that fulfill the requirements and function for the gear are perfectly acceptable. In general, gimmicky/cute styles tend to sacrifice functionality and durability. Please prioritize function over fashion when shopping for ERS gear.*

### Nap Mats

**Required features: rolls up compactly, has attached Velcro tabs for kid-friendly, easy closure, built in pillow and blanket flap**

- **Avoid** beds with plastic clips. The children can't clip and unclip them independently
- **Avoid** flannel as it attracts dust, mulch and other debris.
- The mats are stored at school during the week and are taken home for laundering on the last day your child attends each week or midweek if there is an accident during rest time.
- There are lots of options online, such as [this one](#). Rest mats should be free of characters and other distracting theme images. There are many options with a simple patterned fabric, or nature-related patterns.
- Measure your child's height to make sure the mat will be a comfortable size.



### Backpacks

**Required features: chest and waist straps, multiple outer pockets and compartments including side pockets for water bottle, emergency whistle, properly sized for your child**

- Please make packing and unpacking your child's backpack an important part of your child's daily routine; children should be in charge of their pack (or actively learning to be).
- Backpacks need to be high quality packs intended for day hikes.
  - They must have chest and hip belts, with an external water bottle pocket, and a whistle.
  - They must be properly sized for your child. Measure the length of your child's back. This measurement should be within 1 inch of the length of the backpack you choose.
    - For the 18 month-5 year olds there is more flexibility with exact sizing.
  - While there are other appropriate brands, many of our families use REI packs (details below). They come in 2 sizes that will fit most ERS children and fulfill all of our pack requirements.
    - Very petite children may need to look for another product.
    - Factor in your best guess about how your child will grow, when trying to choose the best size so they can use the pack for several years.



- Backpacks will come to school and go home every day with a fresh change of clothes (or 2) each day.
- Specifics on the REI backpacks
  - We recommend [this one](#) for young children, Dimensions: 13 x 9 x 5 inches. It has all the pockets, straps and whistles needed, plus great durability.

### Water Bottles

#### **Required features: stainless steel, spill and leak proof top, loop or ring handle**

- Stainless steel water bottles such as Klean Kanteen
- Key features are spill/leak proof top and loop handle for easy carrying
- Please mark the water bottle with your child's name.
  - All Acorn and PreK must have a 12 oz bottle with a sports top\*
  - Children K and up should have a 12 oz or larger bottle with a sports top.
- Water bottles will go home and be refilled every day.
- Parents/children are in charge of regular washing of Kanteens.
- Examples online:
  - Kanteen:
    - [Small with Sports Top](#)
    - [Large with Sports Top](#)



*\*Please have your child practice drinking from the sports top at home to make sure they are able to get water out of it. Some of our youngest Acorns sometimes need a different top to start with if they are not able to figure out how to suck water from the sport top, but make sure the alternative you choose is spill/leak-proof and has a loop/handle as well.*

### Sun Hats

#### **Required features: wide brim, face and neck coverage, quick drying material**

- Children are required daily from April-October to wear a wide brimmed sun hat that covers the neck (hats are worn all the time, even on cloudy days).
- Many of our families prefer [this hat](#), but there are other appropriate options.
- **Avoid** hats with ear flaps such as [this one](#). They fall off easily.

### Winter Hats

#### **Required features: knit or fleece, good ear coverage, secure fit**

**Avoid:** hats that obscure vision, hats with large ear flaps, gimmicky styles

- Winter hats should emphasize function over form.
- Balaclavas can be a good option for very cold days

### Shoes

#### **Required features: good fit, support, stability, traction for active play. Easy to put on and take off, with the goal being that your child can do it independently or with minimal support**

- Warm weather: Closed toed, quick drying, water-friendly and easy for your child to manage fairly independently, e.g.: [Kids Bestsellers \(nativeshoes.com\)](#) or [Anker Gray/Blue | See Kai Run](#)

- Cooler weather: Closed toed athletic shoe that meets the above criteria. Ideally, a spare pair should be kept at school in case the primary pair gets wet (from the elements or bodily fluids)
- All Wolf Trap Days: Closed toed athletic or hiking shoe (with quality socks) is a MUST.
- **Avoid:** KEEN. As of this writing, they have not figured out good styling for children; very challenging to put on and take off.

### **Socks (winter) and Base Layers**

**Required features: soft and comfy with appropriate level of warmth; fits well under clothes/boots**

- Most find merino wool to be the best material for warmth and softness without too much bulk, but check your child for sensitivity to itchiness
- Base layers should have a little “breathing” room for maximum circulation of body heat (not skin tight fitting).
- Always make sure your child has extras at school.
- Cotton socks are not adequate in the winter!
- [Here’s some great info on shopping for base layers](#)

### **Rainsuit**

**Required features: oversized (sized up), waterproof, elastic leg closures that seal around boots**

- A good quality, properly sized one-piece rain suit is an essential part of your child’s ability to play in the rain comfortably and safely.
- Pay close attention to the requirement for oversized fit. It is a must that the rain suit is large enough to be worn on top of winter weight outerwear when necessary.
- Note: We no longer recommend the Tuffo Muddy Buddy as the primary rainsuite, as the zippers become easily stuck and are frustrating for children and adults, and they are not very waterproof. If you already own one, this is great affordable option to have as a spare rainsuit, or as the rainsuit for mild, rainy days, but not the primary rainsuit, especially once the weather gets chilly. See next bullet point for recommendations.
- The gold standard rainsuit is the [Helly-Hanson](#). Other recommended brands: [OAKI](#) and [CeLaVi](#)
- **In addition to one quality one piece rain suit, each child should have a back up rain suit or rain pants and jacket as well. Children in aftercare will be required to keep a back up rainsuit or rain pants and jacket at school.**

### **Rain Boots:**

**Required features: waterproof, easy on and off, secure fit**

- Must be waterproof
- Must be easy to put on and take off
- Must fit properly (not too loose), so your child can run and play comfortably and safely
- [These are our favorites](#), if they fit your child properly, but feel free to shop for others that meet these criteria and fit your child best)

## Snow Suits

**Required features: One-piece zip up, waterproof, ski quality (for warmth), well-fitting**

- Please provide a quality one piece snow suit. Children will wear them on a daily basis in the colder months, and they need to withstand our outdoor play.
- Make sure they fit your child comfortably and will not restrict their movement excessively. Roomie enough for winter layers and long enough to cover the top of your child's boots, even when sitting.
- Snowsuit should be waterproof, and care instructions should be followed to maintain waterproofing, including applying Scotchgard periodically as needed.
- OAKI and other brands on [Amazon](#), or...
- Shop at Sierra Trading Post, L.L. Bean, REI, and Campmor for other options.
- **In addition to one quality one-piece snow suit, each child should have back up pairs of snow pants (bib style) and ski jacket as well. Children in aftercare will be required to keep a backup snowsuit or snow pants and jacket at school.**
- **Avoid:** When selecting a ski jacket as a back up for school, please avoid the styles with the zip out fleece liner. These are difficult for the children to take on and off and tend to be bulky and less comfortable for many children.

## Snow Boots:

**Required features: waterproof, insulated, easy on, easy off (handles are helpful), sensible fasteners (if any), secure fit**

- Must be waterproof and insulated.
- They need to be big enough to accommodate thick socks, but not too large, so children can run and play with relative ease.
- Must be easy to put on and take off
- [These are our favorites](#), if they fit your child properly (easy on, easy off, ultra-waterproof AND super warm)
- [This is a good style](#) as another alternative.
- Try to avoid snow boots with Velcro closures (they don't last) or laces (too challenging to manage in our setting). Exception: Some children with an ultra slim, petite frame may require a boot that can be cinched with some sort of strap.
- About Fit: Not too tight and not too loose! It is very important that your child can get their feet in and out of their boots with relative ease, that they are big enough to accommodate wool socks, AND not so big that your child's feet slide around in them and are unable to run and play comfortably and safely.
- For Toddlers who find bulky boots difficult to maneuver in, these are great for days that are cold but not too wet: <https://usa.janandjul.com/product/toasty-dry-booties-bear/> (they can also be found on amazon). They will still need a pair of waterproof snow boots as well.

## Winter Gloves and Mittens

**Required features: Insulated, waterproof, wrist coverage, easy to pull on and off, soft/flexible enough for children to be able to grab and hold items.**

**Avoid:** gauntlet styles that require zippers or Velcro to close them

- All children must have insulated mittens.
- For Acorns, we like these: [Amazon.com: Gordini Kids : Clothing, Shoes & Jewelry](#)

- But we prefer options without zippers or velcro, for our preschoolers, so they can put them on themselves. Here are some good options: [Results for “childrens mittens” at REI | REI Co-op](#)
- If the mittens/gloves you purchase are not already waterproof, please waterproof them.
- Children must have at least two pairs of waterproof, insulated ski style mittens daily (one to wear and one spare to keep in their cubby)
- Children should also have 1-2 pairs of knit or fleece mittens or gloves for chilly, dry days.
- **Avoid** sending gloves (as opposed to mittens) for children who cannot put them on independently

### **Wet Dry Packs**

- For this you can use a product like this [wet/dry bag](#).
- Or you can use two one-gallon Ziploc Slider Storage Bags labeled with your child’s name and one marked clean and one marked wet/dirty. (We don’t recommend the pinch-to-close bags since they are harder for children to seal.)

### **Pull-ups for Potty Learning Children**

**Required features: chlorine free and free of licensed characters (such as Disney)**

- Pull-ups are required for all children who are still potty learning (Please do not bring any diapers). If your child wears pull-ups, please bring chlorine-free, character free pull-ups on the first day of attendance. We will notify your family if and when we need more.
- [This is an appropriate option](#).

### **Lunch Accessories Summer Camp**

- As much as possible provide lunch kits and containers that your child can open independently
- If they have food that requires a spoon or fork, please provide the necessary utensils. Hint: it is easier for young children to feed themselves from a lower, wide-mouthed bowl than a tall/deep one.
- Here is a [lunch box](#) that many of our summer camp families like
- This blog post has some inspiration for [healthy packed lunches](#)

When making purchases, please consider making Eastern Ridge School your donation charity of choice at these selected sites and stores:

**Amazon:** *(please note that you must ALWAYS start on [www.smile.amazon.com](http://www.smile.amazon.com) when making purchases to have a percentage of your purchase donated to ERS)*

<http://smile.amazon.com/ch/46-3846787>

**Mighty Nest:** <http://schools.mightynest.com/great-falls/eastern-ridge-school?mnr=WUwDk4>