



Dear K-2 Families,

This document will guide you in preparing and purchasing the gear needed to keep your child comfortable and safe in all weather conditions while attending Manzanita School.

Please come with the following gear on gear drop-off day on Wednesday August 23rd. (You will receive a separate email with details about gear drop-off):

These items **will stay at school and will be used for weather changes and/or if clothing becomes unwearable.*

*Please be sure that all clothing is **labeled** and are put in a [container](#) with children's name and grade on the outside. (any similar container will work)*

- Two pairs of pants
- Two pairs of shorts
- Three pairs of underwear
- Two pairs of socks
- Two light weight shirts
- One long sleeved button up shirt
- A sunhat
- Sunscreen
- Warm hat for cold weather
- Gloves for cold weather
- An extra pair of closed toes shoes
- Lightweight jacket or sweatshirt
- **RAIN GEAR:** Complete set of waterproof clothing (pants, jacket, head covering)
Please purchase from our recommendations. Some rain gear that is "waterproof" doesn't work for long periods out in the rain.
- 1 pair of rain boots with tread
- Reusable water bottle
- Earthquake Emergency Pack (**details on the last page of this document**)

IMPORTANT:

Manzanita students will be outside in all types of weather. Be sure to dress your child in clothes that can get dirty, torn or stained.

Bring/Wear to School Everyday:

- Dress for the weather: read the recommendation guide on the next pages
- Wear lightweight closed toed shoes with tread ([Examples](#))
- Water bottle
- Sunscreen should be applied before school
- Kid size outdoor backpack ([Example](#))

**Snack and lunch is provided by Manzanita and does not need to be sent to school.*



Recommendation Guide for Daily Dressing

Dressing for Warm Weather

Tips: Consider clothing as protection from sun exposure, cooler breezes, insects, and cuts/scrapes during play. Dress your child in layers! Wear clothing that supports active play and can withstand rips/tears.

Recommendations:

- Tops - Lightweight/breathable fabrics (cotton, linen, thin wool)
- Optional jacket/sweater
- Bottoms - Long pants or shorts (denim, cotton, linen)
- Shoes - Closed toe shoes with tread- should be well-fitted with a durable sole
- Sunhat

Dressing for Colder Weather

Tips: Consider clothing as protection from cool temperatures (keeping internal temperature and body heat in), rain/wind and other weather conditions common in fall/winter. Dress your child in layers! Wear clothing that supports active play and can withstand rips/tears. AVOID cotton in winter/wetter months, as it *does not* wick moisture which leads to cold body temperature and hypothermia risk.

*Weather in Southern California rarely drops below freezing. The **recommendations** below should be considered for rainy days, windy days, and temperatures in the 40s or below.

Strong Recommendations:

- Tops
 - Baselayer - This layer should keep your child's body DRY, needs to be close-fitted but not tight and moisture wicking (wool, cashmere, silk)
 - Mid - This layer should keep your child's body INSULATED (fleece, wool, cashmere, down jacket, rain jacket)
 - Outer layer - This layer should keep your child's body PROTECTED FROM WEATHER ELEMENTS, needs to be waterproof/wind resistant (nylon, down jacket with waterproof shell, rain jacket)
- Bottoms
 - Baselayer - This layer should keep your child's body DRY, needs to be close-fitted but not tight and moisture wicking (wool, cashmere, silk)
 - Mid - This layer should keep your child's body INSULATED (fleece, wool, insulated leggings/pants)
 - Outer layer - This layer should keep your child's body PROTECTED FROM WEATHER ELEMENTS, needs to be waterproof/wind resistant (rain pants, thick denim, carhartt pants)



- Hat (wool, fleece)
- Scarf
- Gloves
 - Waterproof mittens for warmth
 - Fingert gloves for dexterity
 - Pack options and back-ups!
- Shoes
 - Boots (waterproof, insulated when temperatures are 40 or below)
 - Closed toe shoes (waterproof, durable sole)
- Socks (wool, moisture wicking)

Dressing for Rainy Weather- It is critical that children have good rain gear!

Tips: Consider clothing as protection from moisture and cold temperatures during play. Dress your child in layers! Wear clothing that supports active play and can withstand rips/tears.

Strong Recommendations:

- Tops
 - Base layer - This layer should keep your child's body DRY, needs to be close-fitted but not tight and moisture wicking (wool, cashmere, silk). Cotton should only be worn as a base layer in warmer rainy weather or with an additional layer on top.
 - Mid - Optional in warmer rainy weather, this layer should keep your child's body INSULATED (fleece, wool, cashmere, down jacket)
 - Outer layer - This layer should keep your child's body PROTECTED FROM WEATHER ELEMENTS, needs to be waterproof (rain jacket or rain suit)
- Bottoms
 - Baselayer - This layer should keep your child's body DRY, needs to be close-fitted but not tight and moisture wicking (wool, cashmere, silk)
 - Mid - Optional in warmer rainy weather, this layer should keep your child's body INSULATED (fleece, wool, insulated leggings/pants)
 - Outer layer - This layer should keep your child's body PROTECTED FROM WEATHER ELEMENTS, needs to be waterproof (rain pants or rainsuit) snow suits will also work.
- Shoes - Rain Boots, closed-toe water resistant boots
 - Insulated rain boots are recommended for cold, rainy weather
- Hat - To keep your child's head dry during rainy weather
 - Moisture wicking fabrics recommend for cold, rainy weather (wool, fleece)
 - Rain jacket, or rain suit, with a hood

Recommended Brands

- Keen: Closed-toe sandals, boots
- Bogs: Insulated boots



- Oakiwear: rain gear, boots, gloves
- Smartwool: wool base-layers (tops and bottoms), socks
- REI: bask-layers,, socks, gloves, hats
- Carhartt: durable pants/overalls, insulated pants
- Polarn O. Pyret: rain gear, gloves, hats

Recommended Places to Shop

- REI (<https://www.rei.com/h/kids>)
- Oakiwear (<https://oaki.com/>)
- Polarn O. Pyret (<https://www.polarnopyretusa.com/>)
- Thrift stores
- Gear swap events

Earthquake Emergency Pack

Each child MUST bring a completed emergency pack on the first day of school. These packs will be placed in an emergency bin on campus. The Manzanita's Earthquake/Disaster Plan requires each student to have individual packs of food and medication. These packs are designed to provide both psychological and physical nourishment. Please follow the directions below in preparing your child's pack:

FILL A ONE-GALLON ZIPLOC BAG WITH THE FOLLOWING ITEMS:

- 1 - 5"x7" file card with your child's name and the date written in large letters with a permanent marking pen. Place this card facing out so it can be easily read to identify the bag.
- 5 small containers of protein your child will eat. This could include tuna, canned chicken, beef jerky, or anything else your child likes which has been commercially vacuum-packed and preserved. Please avoid packing any peanut products. No loose snacks, which could spoil, melt, or attract pests, should be included in a child's earthquake kit.
- 2 canned juices
- 5 fruit rolls or unopened dried fruit
- 1 package of your child's favorite crackers, biscuits, or cookies
- a mylar blanket (can be purchased from any sporting good store)
- a mini-flashlight with extra batteries
- If your child frequently requires special medications (i.e. inhalers, nighttime medications, epi pens) please include a 3-day supply with directions for administration.
- If your child wears prescription glasses, and you have an old pair, please include them in the bag.
- a pre-addressed postcard to an out-of-state contact. Make sure the postage is up-to-date!
- a family photograph