

## TENDER TRACKS TO BRING LIST

- Child size back pack
- Their own 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**.

## EXPLANATION OF WHAT TO BRING:

### PLEASE READ

- Child size backpack-good ones can be found at REI  
Please make sure these are not adult or middle aged child size back packs. If you cannot find one I will find one for your child to use for the year. If it is too big it greatly weighs them down.
- 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 is the recommended material or wool. Cotton is rendered useless the moment that water or perspiration comes in contact with it. I can not stress this enough. Many thrift stores have alot of these things for children. Thrift stores are fabulous places to really get into the recycling mode and for Tender Tracks it is perfect. The children most often come home quite dirty and used clothes can add that little extra sense of freedom to letting them "trash" their clothes.

Sometimes the children really get into choosing their clothes and it can be inappropriate choices for the day. It is fine if you let them make their choices and just let them know that you will also bring along clothes that you feel are appropriate for the day. Then at the end of the day you can ask your child what they discovered.

**Each day they bring their own lunch plus water.**

- Tender Tracks is an eco-friendly school and requires **reusable containers** for your childrens lunches. Liquid's such as yogurt or juices

MUST be in reusable containers as they can become quite a mess otherwise. The very cute little juice boxes and yogurt squeezes are not only environmentally unsound but they often make a very large mess somewhere. There are many grand non-toxic alternatives for carrying children's food for lunch. An example is: [www.to-goware.com](http://www.to-goware.com) or Whole Foods has many choices as well.

In addition, please **NO CANDY, SUPER HALLOWEEN TYPE CANDIES** and the like.

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 Tender Trackers 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.

- On rainy days PLEASE have them come fully prepared. Even if it doesn't look like rain but it rained the night before or it COULD rain, the best motto is: BE PREPARED. Or, when in doubt, bring all of their rain gear any way. Better to have than to have not in this case. 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. If you sew, you can get great rain material at a store in Oregon called the *Rain Shed*. I can get you the address or look it up on the web. I mail order my material from them.

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.