






Dressing for Amiko's Outdoor Education

	Weather:	Dry, Mild	Dry, Cool	Wet	Cold
	Description:	60-75 degrees, including wind chill, no precipitation	40-60 degrees, including wind chill, no precipitation	40-75 degrees, including wind chill, precipitation	40 degrees and below, including wind chill, precipitation or no precipitation
	Cotton:	Cotton OK	Cotton OK	NO 100% COTTON for any clothing, no jeans	NO 100% COTTON for any clothing, no jeans
	Head:	Hat (optional, for protection from insects)	Hat (optional, for protection from insects)	Waterproof Rain Jacket Hood or Rain Hat	Hat or Balaclava (either must covers ears)
	Top Base Layer:	Shirt	Shirt	One Snugly Fitting Layer	One or Two Snugly Fitting Layers
	Top Mid Layer:		Light to Warm Sweater	Light to Warm Sweater (not necessary over 60 degrees)	Warm Sweater
	Top Outer Layer:	Light Jacket or Long-Sleeved Shirt (optional, for protection from insects)	Light Jacket or Long-Sleeved Shirt (optional, for protection from insects)	Waterproof Rain Jacket	Warm, Waterproof/Water Resistant Winter Jacket
	Hands:			Waterproof Mittens or Gloves (mittens are warmer than gloves; not necessary over 60 degrees)	Waterproof/Water Resistant Mittens or Gloves (mittens are warmer than gloves) and (optionally) thin stretchy gloves for use while eating (we call them "Lunch Gloves")
	Bottom Base Layer:		Snugly-Fitting Base Layer	Snugly-Fitting Base Layer (not necessary over 60 degrees)	Snugly-Fitting Base Layer
	Bottom Mid Layer:			Shorts, Pants, or Zip-offs	One or Two Warm, Long Layers
	Bottom Outer Layer:	Shorts, Pants, or Zip-offs	Shorts, Pants, or Zip-offs	Waterproof Rain Pants	Waterproof/Water Resistant Snow Pants
	Socks:	Low or High socks (unless wearing water sandals)	Low or High Socks	Low or High Socks (Non-Cotton!)	High Socks (Non-Cotton!), two pairs can be worn if very cold)
	Footwear:	Sneakers, Closed-Toed Sandals, or Hiking Boots	Sneakers or Hiking Boots	Waterproof Winter or Rain Boots	Insulated, Waterproof Winter Boots, Snowshoes (optional)