

Winter Wear for a Refuge Visit

Dear Guardians,

We will be going on a field trip to Sherburne NWR this winter. To keep our students safe, warm, and comfortable when they visit, please read the information below and complete the scavenger hunt on the back page as a homework assignment. Thank you!

Layers keep you warm! The 4 W's

The key to staying warm is to dress in layers. If you're cold, put on another layer (so bringing extras is a good idea). If you're too warm, take off a layer. Focus on layers made of wool or synthetics (fleece is good), because they are warm even when wet. Cotton makes you colder when it's wet, but if it's all you have, then it will work.

Keep in mind the 4 W's of layering – Wick, Warm, Wind/Wet (3 layers total), from the inside out.

Wick – The layer closest to your skin should be relatively tight-fitting and made of a fabric that will wick moisture (sweat) away from your body. Moisture is what makes you cold, so if it stays away from your skin, you will be warmer. Cool-max type fabrics are best for long underwear, etc.

Warm – The middle layer consists of thicker shirts/pants that will keep you warm. Think fleece or wool sweaters. If you are cold, add another layer of this type. You can have multiple warm layers. Most winter jackets and snow pants include a component that counts as a warm layer.

Wind/Wet – The outer layer keeps you dry and keeps out the wind. Generally this is a jacket or the outside part of a jacket that might include a warm layer, too. It should be waterproof, or at the very least water resistant. Remember that snow is water, so when it melts on your warm body, your clothes need to be able to keep that water out. Wind is always a concern outside, so look for something that wind won't penetrate.

Extra notes: You can use these layers on all parts of your body – socks under boots, hat under a hood of your jacket, mittens over gloves, etc.

- Mittens – Suggest wearing knit gloves under mittens to keep hands warm even when writing or drawing outside, which they will be doing.
- Many clothes designed for outdoor activities include more than one layer.

Name _____

Closet Scavenger Hunt

You've just learned about what you need to wear to Sherburne National Wildlife Refuge, but you're not sure that you have all of those articles of clothing. Here's your chance to find out. Take this sheet home and search your closet and anywhere else in the house you think you might find these things (but get permission first!).

After you find an article of clothing, mark it down by circling that answer. If you don't have something, ask around to see if you can borrow it from anyone else and circle the appropriate answer. If you still can't get your hands on what you need, circle that answer and bring this sheet back to school so that your teacher or fellow students can help you out! Don't be left out in the cold!

Hat

Have it
Can borrow it
Don't have it

Scarf

Have it
Can borrow it
Don't have it

Water-proof gloves

Have it
Can borrow it
Don't have it

Wick Layer (Under Armour) Top & Bottom
Have it
Can borrow it
Don't have it

Warm shirt or Heavy sweater

Have it
Can borrow it
Don't have it

Winter Coat
Have it
Can borrow it
Don't have it

Warm pants

Have it
Can borrow it
Don't have it

Snow pants
Have it
Can borrow it
Don't have it

Warm socks

Have it
Can borrow it
Don't have it

Warm, Waterproof Boots
Have it
Can borrow it
Don't have it

When you are looking for the items on this scavenger hunt, think about the 4 W's – Wick, Warm, and Wind/Wet. You will need at least one item for each, although sometimes an item counts as two W's (like snow pants or maybe your coat, which can be both Warm and Wind/Wet). Also, try to find clothes that will keep you warm, even if they get wet! Some examples are wool, fleece, or other synthetic fabrics.