

Handy Hints on Clothing and Equipment



What should my child wear? This is a question every parent asks when their child starts at our outdoor playgroup. Each child feels the heat/cold differently, and reacts in their own way to the weather. Some children seem more “hot-blooded” while others feel the cold more quickly. For that reason, these handy hints on clothing are merely a guide – add a layer if your child tends to feel the cold, or leave one off if they tend to sweat easily. The “Zwiebelprinzip” (onion principle) of wearing layers rather than one big thick item has proven successful.

1. When it's warm

Even when it's warm, your child should wear long sleeves and long trousers. This not only protects them against sunburn and ticks, but also reduces the risk of them hurting themselves. Layering up makes sense in the summer, too, as it is often cooler first thing in the morning.

- Normal underwear
- Long trousers – sturdier “outdoor” trousers are recommended
- Light-coloured long-sleeved top
- Thin jacket that can be taken off as it warms up
- A sun hat or cap – ideally with protection for ears and neck
- Shoes (not sandals) with a good grip
- Always put sun cream on your child in the summer

2. Clothing for cold/wet weather

- Waterproof trousers – thermal-lined ones are best in colder weather
- Waterproof jacket – a thermal-lined one is best in colder weather
- Wellies (rain boots) – thermal-lined ones are best in colder weather
- A waterproof hat/hood
- Thermal underwear

3. When it's cold:

- Thermal-lined waterproof trousers or snow/skiing trousers
- Waterproof winter jacket with a hood
- Waterproof gloves with a longer cuff that can be pulled over the child's jacket
- Winter boots (waterproof) – we recommend ones with a removable inner lining
- Long-sleeved top/sweatshirt/pullover
- Thermal tights/trousers
- Fleece jacket/pullover
- Thermal underwear
- A warm hat, and a thinner one (we recommend a balaclava-style hat as they don't slip as easily and keep your child's ears and neck warm)
- Always put weather protection cream on your child's face in the cold weather!

We don't recommend all-in-one suits. When your child needs to go to the toilet/have their nappy changed, it is better if they don't have to take off more than necessary, to prevent them getting cold!

4. Equipment

- Rucksack
- Mat to sit on
- Sandwich box that your child can open themselves
- Pot with a damp flannel for hand-washing before snack time
- Non-breakable drinks bottle/thermos flask (0.25 l); no sugary drinks in the summer
- Please ensure that your child is able to eat their snack without help (e.g. nothing with extra packaging such as yoghurts, Babybel cheese)
- Spare clothes