

Magic Waters Nature Immersion: Essential Gear Checklist

"There is no such thing as bad weather, only inappropriate clothing."

To ensure every child has a safe, warm, and restorative experience in nature, please use this guide to pack their kit for any session, regardless of the season.

Food & Hydration

- Refillable Water Bottle:** Full and easy to open.
- Morning Snack (10:45 AM):** A quick, high-energy snack (fruit, nuts, or seeds).
- Lunch Box (12:45 PM):** A hearty, nourishing meal.

Tip: In colder months, a thermos with warm soup or pasta is a great addition.

Clothing (The Three-Layer System)

- Base Layer (Wicking):** Synthetic or wool. Avoid cotton (like denim or heavy t-shirts), as it stays cold and heavy when wet.
- Middle Layer (Insulating):** A fleece or wool sweater to trap body heat.
- Outer Layer (Protection):** A windproof and waterproof jacket and rain pants.
- Footwear:** Sturdy, waterproof boots or shoes appropriate for the terrain.
- The "Dry Bag" (Emergency Change):** A full set of extra clothes (socks, pants, shirt, underwear) packed inside a **sealed Ziploc or dry bag** inside their backpack.

Gear & Extras

- Backpack:** A comfortable, child-sized pack with adjustable straps.
- Seasonal Headwear:** A sun hat for summer or a warm toque for winter.
- A Sit-Pad:** A small piece of closed-cell foam or a waterproof garden pad for sitting on damp logs or ground.

Our Approach

At Magic Waters, we see the elements as our biggest teachers. By arriving prepared, we make sure that we can focus on curiosity, movement, and the magic of the natural world.

Questions? Reach out via email or on our WhatsApp group.

— Jorge & The Magic Waters Team