

Suggested Gear List for the Natural Leaders homeschool program

Year-round gear:

Sheath knife. It is highly recommended to have a **Mora** or **Bahco** knife. The latter is the best deal I've found in terms of the features I like (highly visible sheath, excellent blade, low price). Order through Amazon ([here](#)), or I can provide one for \$15 if you let me know.

Steel cup/cook pot. A lightweight stainless steel cup suitable for cooking and drinking hot beverages for when we make tea, and so students can practice cooking/water purification. (18 – 20 oz.)

Durable pants. I like to wear shorts myself, but if your child is particularly sensitive to poison ivy, pants may be preferable. Loose fitting synthetic, quick-dry pants are ideal in warmer or damper weather.

Footwear. Rugged sandals, running shoes, or light hikers are good options.

Backpack. One with actual straps, not just strings that go over shoulders. But the pack itself ideally is not too big and heavy for the child either. Just a light pack that can comfortably hold what is needed.

Water bottles. 1 – 2 liters of water in one or more bottles. Simple screw-on lids are good, avoid bottles with snap-on lids that can leak or accidentally open inside the pack.

Lunch. Try to avoid heavy containers or food that spoils easily, but consider including a few snacks.

Cool & Wet Weather Gear (some days Fall – Spring)

Waterproof wind-breaker. A thin outer layer that will shed rain, but can easily be stowed away when not needed.

Waterproof wind-breaker pants. These will help tremendously on cold rainy days.

Waterproof boots – Rubber boots or hiking boots.

Waterproof winter boots – For cold winter days, boots that are waterproof and well insulated. It is important that cold weather boots are not too tight-fitting, or they will reduce circulation and feet will be cold.

Non-cotton insulation – if it's wet enough to warrant rain gear, students should have some kind of wool or synthetic layers that insulate skin from the wet rain gear.

Cold Weather Gear (some days from late Fall –early Spring)

Wool or fleece sweaters – Usually easy to find at thrift shops.

Wool or fleece socks - It is important that cold weather socks are not too tight, or they will reduce circulation and feet will be cold. Make sure that the socks you get are compatible with the boots you plan to wear.

Depending on how cold it gets, it may be possible to layer wool socks inside a non-insulated boot. Or if the boot is insulated well enough, you may not need heavy duty socks.

Long johns, ideally wool or synthetic

Synthetic or wool pants -- wool dress pants from a thrift shop can work well for a season.

A fleece beanie

Optional Items – some students like to bring extra gear like the following

Fire steel/Ferro rod

Folding saw

Trowel/small shovel

Match safe, lighter

Compass

Whistle

Audubon's [Mid-Atlantic guide](#)

[Peterson's guide to Venomous Animals and Poisonous Plants](#) (a good resource to have at home)

After class

Your child may be wet and/or muddy at pick up time. Some **towels** and a **change of clothes** may be good to have on hand.