

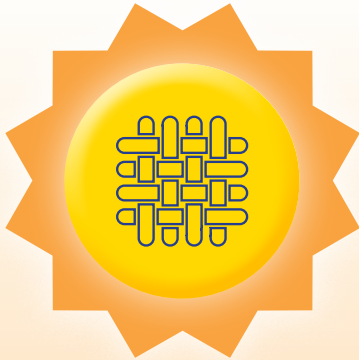


FAMILY  
DAY



OPEN DOORS  
FAMILY DAY OUTDOOR  
LEARNING ADVENTURES

# TIPS FOR DRESSING ON Hot & Extremely Hot Weather Days



**Light, breathable fabrics** - Linen, cotton, hemp and lightweight wool.



**Choose a light colour palette** - White, tan, pastels or khaki are best.



**Untucked, loose-fitting clothing** - Allows for better air flow and comfort.



**Foot Wear** - Lightweight canvas, or cotton sneakers, or sandals with a safety strap on the back.



**Socks** - Breathable synthetic fabrics or lightweight wool.



**Hat** - Lightweight, open-weave fabric in a light colour. Baseball cap or wide-brimmed.



**Sunglasses** - Look for UVA and UVB protection.



**Sunscreen** - Ideally, SPF 30 or higher.



**Reusable Water Bottle** - Please label with your child's name.