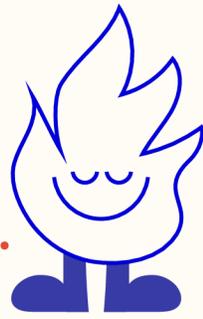


Bundled + UNBOTHERED

SURVIVING WINTER NATURE PLAY + LEARNING



1. CREATE A "GO BIN" FOR YOUR CAR

Keep a large plastic storage bin in your trunk filled with essentials. This helps you stay organized and having everything in one place makes transitions smoother and ensures you're never caught unprepared for changing conditions.

2. DRESS FOR "ONE STEP COLDER"

It's always better to overdress and peel off a layer than to underdress and feel chilled. Rhode Island's damp air makes cold feel colder, so layers are your best friend.

3. STAY DRESSED

Resist the temptation to remove layers indoors unless absolutely necessary. Children's bodies adjust best when they stay acclimated to outdoor temperatures. Putting layers back on can feel like a horror show.

4. KEEP MOVING

Movement is your built-in heater. Encourage kids to run, dig, climb, and build. If you or your child start to feel cold, start moving again — jumping jacks, stomping feet, or playing tag can make a world of difference.

5. CHECK-IN OFTEN

Do quick temperature check-ins with your child: "How do your hands feel? How do your toes feel?" These small conversations build awareness and help them recognize their body's cues early before discomfort sets in.

6. KEEP EXTRAS

Stash a dry outfit in the car — including socks and underlayers. Rhode Island mud and snow have a sneaky way of finding every gap in the gear.

7. HAND-WARMERS (IN BULK)

Buy in bulk if you can — keep them in your trunk, backpack, and coat pockets. A single pair can turn a cold day around in seconds.

8. LABEL EVERYTHING

With a simple Sharpie to mark everything. You'll thank yourself later when a mystery mitten appears.

9. DRY BAGS

Keep a few resealable bags or dry bags in your car. They're perfect for isolating wet socks, muddy gloves, or nature treasures your child insists on bringing home.

10. DRYER ON BLAST

After every outing, empty bags, unroll socks, and hang gear to dry overnight (or just toss it all in the dryer). A simple coat rack or boot tray by the door helps everything stay ready for the next adventure.

11. WARM UP INSIDE OUT

Bring a thermos with warm tea, broth, or cocoa to share after outdoor play. It's comforting and helps regulate body temperature — and it doubles as a sweet ritual to end the day.

12. TEACH INDEPENDANCE

Encourage your child to help dress themselves in layers and recognize when they're too hot or cold. It builds confidence, body awareness, and self-advocacy.

13. WEATHER CHECK ROUTINE

Make a quick "gear check" part of your morning ritual. This empowers kids to understand weather patterns. **Ask together:**

- "What's the temperature?"
- "Is it wet, windy, or sunny?"
- "What layers do we need today?"

14. EMBRACE IMPERFECTION

There's no such thing as perfect outdoor gear. Some days your boots will leak, mittens will be mismatched, and sleeves will get wet. The goal isn't perfection — it's presence.