

# Foresthood

To increase time spent in urban forests during the childhood years

All days are 9am to 3:30pm in Assiniboine Forest. Drop off after 8:30am, pick up by 4pm.

Pick up and drop off will be at the parking lot of Assiniboine Forest on Grant Ave\*\*

\*\*If temperatures are cold we will do pick up and drop off at the Duck Pond in Assiniboine Park, families would be notified the day before\*\*

## Foresthood Supply List

<p>Winter</p> <ul style="list-style-type: none"><li>• Two winter hats that cover ears and stay on</li><li>• Neck warmer - no scarves</li><li>• Two pairs of warm, waterproof mitts</li><li>• One warm, waterproof snowsuit</li><li>• Warm, waterproof boots</li><li>• Wool socks</li><li>• Three base layers - thermal shirt and pants, middle layer (wool or fleece), sweater layer (wool or fleece)</li></ul>	<p>Spring</p> <ul style="list-style-type: none"><li>• Rain boots</li><li>• Rain suit - jacket &amp; pants or one-piece</li><li>• Extra insulation on cold days</li><li>• Running shoes</li><li>• Wool socks</li><li>• Sun hat</li><li>• Warm sweater or jacket</li><li>• Bug jacket (optional)</li></ul>
<p>Summer</p> <ul style="list-style-type: none"><li>• Rain boots</li><li>• Rain suit - jacket &amp; pants, or one-piece</li><li>• Running shoes (no sandals)</li><li>• Light, long sleeved shirt</li><li>• Sun hat</li><li>• Bug jacket (optional)</li></ul>	<p>Fall</p> <ul style="list-style-type: none"><li>• Rain boots</li><li>• Rain suit - jacket &amp; pants or one-piece</li><li>• Extra insulation on cold days</li><li>• Running shoes</li><li>• Wool socks</li><li>• Sun hat</li><li>• Warm sweater or jacket</li><li>• Bug jacket (optional)</li></ul>
<p>All Seasons:</p> <ul style="list-style-type: none"><li>• Small backpack for items not being worn</li><li>• Lunch and snacks</li><li>• Water bottle</li><li>• Two extra change of clothes</li></ul>	

During the program Momenta staff will have a cell phone (on silent) that will be used in case of emergencies.

We will have snacks on hand when needed throughout the day. There will be a porta-potty at Assiniboine Forest for our use during all programs.

At pick up, your child might be dirty or muddy!

Payment and Completed Forms (front and back) must be received one week before the first PD day selected.

Total cost is \$40 + GST per day = \$42.00

We accept cash or cheque. We can also accept e-transfers to [krista@experiencemomenta.com](mailto:krista@experiencemomenta.com)

Forms can be e-mailed, mailed, faxed or dropped off!  
Here are the details for each of these options.

Email: [krista@experiencemomenta.com](mailto:krista@experiencemomenta.com)

Mail or Drop Off: 984 Portage Ave., Winnipeg, Manitoba, R3G 0R6  
(If you are dropping off, our entrance is on Aubrey and we have a locked mailbox to the left of our door)

Fax: 204-415-4327

Email [krista@experiencemomenta.com](mailto:krista@experiencemomenta.com) if you have any questions.

