

Forest School Clothing

There's a saying in the outdoor world: *there's no such thing as bad weather, just bad clothing*. Children who are cold or uncomfortable are unable to concentrate on their outdoor learning. In order for participants to enjoy, and get the most out of, their Forest School sessions, it is important that they dress appropriately for each season.

Do assume that your child will **get muddy**! Please ensure **all clothing is washable, comfortable and not too new**. Warm jogging bottoms are ideal. It is best to **avoid denim**, as it takes a long time to dry out and can be uncomfortable and cold to wear in the meantime.



Layers are best in cold weather; they will keep your child much warmer than a single, thick layer. Additional layers can always be taken off if they get too warm.

A **waterproof jacket** and **waterproof trousers** are essential for all seasons. They keep children dry and comfortable when they are sitting on mossy logs, exploring the undergrowth and in wet weather.

We recommend **wellington boots** or **walking boots** to keep feet dry and protected.

A **hat** is important too; a woolly hat retains body heat in the winter and a sun hat will protect your child in warm weather.

Even in warm weather, **long trousers** and a **long-sleeved top** are essential as they will help protect your child from nettles, thorns, insect bites (including ticks) and sunburn.

Please apply high factor **suncream** and **insect repellent** at home before school if the weather conditions demand this.



We highly recommend that you **name** all clothing.

Summer	Spring and Autumn	Winter
High factor sun cream and insect repellent, <u>applied before school at home</u> Sun hat Lightweight long-sleeved top Sweater Long trousers/ jogging bottoms Waterproof jacket Waterproof trousers Wellies or walking boots	See Summer list, plus warmer sweater or jacket for colder weather	Base layer (thermal leggings and thermal top) Warm middle layer (trousers e.g. jogging bottoms and top) Wool/fleece sweater Warm, thick socks Waterproof jacket/coat Waterproof trousers Hat Gloves Wellies or walking boots Spare socks



In all seasons, pupils should bring their own named, refillable water bottle.