**What to Wear**

Forest School Clothing guide:

**“There is no such thing as bad weather, just unsuitable clothing!”**

**Parents/carers** – We value and recognise the effort it takes to ensure your child comes prepared, so that they can get the most out of Forest School sessions. In particular, this means making sure they are appropriately dressed. It can be hard to predict just how many layers a child will need but it is always colder in the shaded areas under the trees. Please see below for our recommendations. Your other crucial role is to embrace the mud! Please do not send your child in their best clothes as they will almost certainly get dirty during the session!

**Layers!** THE best way to keep warm.

• add one more than you think

(We can always remove a layer but once cold, it can be hard to warm up)

**Waterproof trousers**

• Essential!

• Standard ‘thin’ pair in summer for protection

• Ski trousers ideal in winter OR extra layer under trousers

• All-in-ones not advised for toilet users

**Trousers**

• Full length for protection

• Extra pair of leggings/tights/thermals under normal trousers in cold weather

**Warm socks**

• Wellies get very cold!

• Extra pair of wool/ fleece/ fluffy socks inside wellies

(Normal socks in wellies are not warm enough for cooler weather)

**Waterproof coat**

• Preferably with a hood

• Thick and warm in winter (or use an extra fleece layer)

**Warm hat**

• Preferably covering ears.

**Mittens/Gloves**

• Thermal and waterproof

(Knitted gloves get damp and do not keep little hands warm enough during the colder months. Don’t worry about mittens limiting finger movement as the cold is much more limiting!)

**Tops**

• ALWAYS long sleeves (to minimize risk from stinging nettles and biting insects etc)

• At least 3 layers under coat in winter

(eg. top, jumper, fleece and coat, or 'base layer', top, warm jumper and coat)

**Waterproof boots**

• Wellies are essential!

(Alternatives include snow boots and walking boots)

**Please Note!** In summer, wellies, waterproof trousers and light long sleeves are still essential, to protect from thorns, nettles, ticks, insect bites etc. Please also send a sunhat in hot weather.