



WHAT TO WEAR TO FOREST SCHOOL

As sessions will take place in all weather conditions, it is essential your child has appropriate clothing.

Please ensure your child wears clothing that covers their arms and legs to avoid scratches and strings, with plenty of layers which can be added or removed as needed.

A waterproof coat, waterproof trousers and sturdy enclosed footwear are vital.

AUTUMN

- Waterproofs - Puddle suit or separate coat and trousers
- Comfortable trousers - jogging bottoms or leggings.
- Long sleeved t-shirt for protection against stings, scratches, bug bites and sunburn.
- Jumper or a lightweight fleece jacket - just in case.
- Socks.
- Wellies or sturdy shoes that you do not mind getting muddy. No open toe sandals or flip flops.
- SPARES - always pack a spare set of clothing, even in the summer, especially socks and trousers to change into after.

If anyone needs help with water proofs or wellies, please let us know and we may be able to help.