

Forest School Clothing Recommendations

Where possible everyone taking part in Forest School should follow these clothing recommendations:

- Appropriate, waterproof footwear should be worn at all times - ideally, these will be wellies boots or stout walking boots. In wet weather wellies will be essential as children will be allowed to play in the mud.
- Thick Socks - wellies are not very warm. Insoles are helpful for children who particularly feel the cold
- Warm coat - preferably waterproof
- Jumper or fleece - Real wool is very warm but expensive - a 2nd hand adults wool jumper shrunk to kids size is toasty warm for those that get cold easily!
- Trousers and long sleeves should be worn to provide some protection from scratches and stings from brambles, thorns, holly, nettles, insects, including tics.
- Short sleeves t-shirts - acceptable on very hot days, but give less protection
- Sun hat for summer - Fox Wood is a newly planted woodland that doesn't offer a great deal of shade yet
- Waterproofs should be brought for all Forest School sessions; including a waterproof jacket and where possible waterproof trousers - these are expensive, it might be possible to pick some up 2nd hand.
- Hats and gloves, plus spare gloves in winter
- Hair band - for long hair to keep children safe near fires
- As the weather turns cold lots of layers will be essential, children will not enjoy themselves if they are too cold. Layers can always be removed if they're too warm.

A spare set of warm clothing will be available for emergencies.

We recognise that there are some days in summer where it's just too hot for long sleeves and trousers - on these days if you do bring your children in shorts and short sleeved t-shirts we recommend that you use a good insect repellent that gives some protection against tic bites and be aware that they are not 100% effective. Also steer them away from playing in the blackthorn bushes where they could pick up nasty scratches that can become infect from the bacteria found on blackthorn.

Everyone taking part should wear clothes that are suitable for the weather conditions.

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