

## Cold Weather Kit List

This list applies to all participants: teachers, staff, volunteers, parents & carers and of course, children. If you stay warm and dry, you'll go home feeling great!

- long sleeve t-shirt\*
- long trousers\*
- Warm hat
- gloves
- jacket/ waterproof coat\*\*
- Waterproof trousers/ dungarees or splash suit
- fleece/ sweatshirt
- spare socks (if they get wet)
- stout shoes/ boots, welly boots or old trainers (*that can be worn with 2 pairs of socks*)
- An emergency change of clothes and a carrier bag for dirty/ wet clothes with your child's name on\*\*\*
- Sun cream (Mar-Apr)
- **Bottle(s) of water**
- **Snacks/ a packed lunch- no nuts please**
- Portable potty (for those in training)

*\*long trousers and a long sleeve t-shirt will protect you from biting insects and stinging nettles.*

*\*\*All participants should still bring along a waterproof coat & trousers, in the event of rain. We will go out in all weathers apart from high winds and storms.*

*\*\*\*School groups/ holiday club participants in particular.*

*"There is no such things as bad weather, only bad clothing"*