



WEARING THE RIGHT CLOTHES FOR FOREST SCHOOLS

<p>WINTER AND SPRING, PLUS A BIT OF AUTUMN</p>	 A child wearing a bright red, heavy winter suit with a hood and gloves is lying on their back on a bed of dry leaves and twigs in a forest. The child is holding a long, thin stick.	<p>Cold weather – layers of long-sleeved tops, thick jumper, waterproof insulated coat, trousers and waterproof bottoms, multiple pairs of socks, waterproof footwear with closed toes, warm hat, snood/scarf, warm gloves plus safety gloves as prescribed by tasks and additional warm layer in event of feeling cold.</p>
<p>SUMMER MONTHS</p>	 A child wearing blue overalls and a light-colored shirt is standing in a forest. The child is holding a long, thin stick. To the right of the child is a large blue tarp or tent structure. The ground is covered with dry leaves and twigs.	<p>Warm weather – long sleeved t-shirt or shirt, long trousers, waterproof coat and trousers available in case of wet weather, closed shoes / boots / wellies, hair tied back, sun hat, suntan lotion, safety gloves as prescribed by tasks and warm layer in event of feeling cold.</p> <p>The dungarees are good idea as they can be put on or taken off easily.</p>

Please note that the temperature in the day might vary, so it's good to bring spare kit in a daysack with both food and drink.

Depending on activities your child may be really muddy when they return – this is to be expected as the children will have plenty of time to explore the outdoors in a safe way.