



Dressing for Forest School

In Forest School we go out whatever the weather – excepting high winds and storm conditions; clothing plays a large role in our experience of being outside. Please check the weather forecast for updates on the ever changing weather conditions prior to a woodland session and ensure your child has the right clothing for the day.

Spring, Summer Kit List

- **Sturdy waterproof footwear.** Walking boots, wellies. Sturdy trainers are suitable in a dry spell. No lightweight, canvas shoes/pumps please
- **Long sleeves and trousers** – even when it is warmer as covering legs and arms minimises scrapes to legs and arms and reduce the risk of ticks.
- **Water proof coat.** This may be a lightweight kagoul. Even in the summer it can be shady and cool in the woods.
- **Waterproof trousers.** Following any rainfall the woodland floor and meadow will be wet.

Autumn, Winter Kit List

- **Sturdy waterproof footwear.** Walking boots or wellies – no trainers. In cold weather, please supply extra warm socks as wellies are not warm.
- **Long sleeves and trousers** – even when it is warmer as covering legs and arms minimises scrapes to legs and arms. Jeans are not suitable as they do not dry out quickly when wet. Synthetic outdoor trousers are best; otherwise tracksuit or leggings. In cold weather it's all about layering. A base layer (thermals, leggings, tights) is recommended underneath trousers. An extra top layer – either base layer
- (vest or t-shirt) or extra lightweight top as well as a jumper.
- **Hat and gloves** in colder weather

- **Warm coat.** If not waterproof, children will need a waterproof kagoul that fits on top of their normal coat. This will also act as a windproof layer.
- **Waterproof trousers**