

Advisory Clothing List

We advise the following types of clothing to be worn during the different seasons. It is recommended that children label their clothing and are encouraged to get themselves dressed for the Forest School session.

SPRING



On the top

Lots of thin layers are better than one thick one; you can change as the weather does and move around more easily. We recommend that **at least 3-4** layers are worn underneath a coat. For example:

- A vest or thermal vest
- A short sleeved t-shirt
- A long sleeved t-shirt
- One old jumper (which you won't mind getting muddy)
- A waterproof coat (which you won't mind getting muddy)

On the bottom

It is recommended that **at least 2-3** layers are worn on the bottom. For example:

- Tights/leggings or thermal long johns
- Old trousers (which you won't mind getting muddy)
- Waterproof over-trousers

Footwear

Waterproof shoes that can get muddy are an essential piece of kit for Forest School. We recommend:

- Thick socks or 2-3 pairs of normal socks
- Wellies (bigger wellies than the size normally worn will allow enough socks to be worn to keep feet warm and dry)

SUMMER



On the top

It can be shady under the trees so bring enough layers to keep you and your children warm on cooler summer days.

We recommend:

- A vest
- A short sleeved t-shirt
- A long sleeved t-shirt
- One old jumper (which you won't mind getting muddy)
- A waterproof coat (which you won't mind getting muddy)

On the bottom

It is recommended that long thin trousers are worn instead of shorts to protect legs from stinging nettles, brambles and tics. Don't forget the waterproofs in case it rains! We recommend:

- Old trousers (which you won't mind getting muddy)
- Waterproof over-trousers

Footwear

Waterproof shoes that can get muddy are an essential piece of kit for Forest School. We recommend:

- Shoes/trainers (no open toe shoes)

AUTUMN



Early autumn will still be warm enough sometimes to wear t-shirts. However, you will find that as the leaves fall, you'll have to dig out the hats and more layers as we head towards winter.

On the top

Lots of thin layers are better than one thick one; you can change as the weather does and move around more easily. We recommend that **at least 3-4** layers are worn underneath the coat. For example:

- A vest
- A short sleeved t-shirt
- A long sleeved t-shirt
- One old jumper (which you won't mind getting muddy)
- A waterproof coat (which you won't mind getting muddy)

On the bottom

It is recommended that in cold winter weather, **at least 2-3** layers are worn on the bottom.

For example:

- Tights or leggings
- Old trousers (which you won't mind getting muddy)
- Waterproof over-trousers

Footwear

Waterproof shoes that can get muddy are an essential piece of kit for Forest School. We recommend:

- Thick socks or 2-3 pairs of socks
- Wellies (bigger wellies than the size normally worn will allow enough socks to be worn to keep feet warm and dry)

WINTER



You do not need to buy specialist equipment to cope with the cold winter weather. It is very important however, that you and your child are equipped with enough warm clothes. **Lots of thin layers will keep you much warmer than a couple of thick layers. You will also be able to move around more easily so will enjoy Forest School more.**

On the top

Lots of thin layers will keep you much warmer than one thick one. We recommend that **at least 4-5 layers** are worn underneath the coat. For example:

- A thermal vest
- A short sleeved t-shirt
- A long sleeved t-shirt
- Two old jumpers (which you won't mind getting muddy)
- A waterproof coat (which you won't mind getting muddy)

On the bottom

It is recommended that in cold winter weather, **at least 2-3 layers** are worn on the bottom.

For example:

- ❁ Thermal Long johns
- ❁ Old trousers (which you won't mind getting muddy)
- ❁ Waterproof over-trousers

Footwear

Waterproof shoes that can get muddy are an essential piece of kit for Forest School. We recommend:

- ❁ Thick socks or 2-3 pairs of socks
- ❁ Wellies (bigger wellies than the size normally worn will allow enough socks to be worn to keep feet warm and dry)