

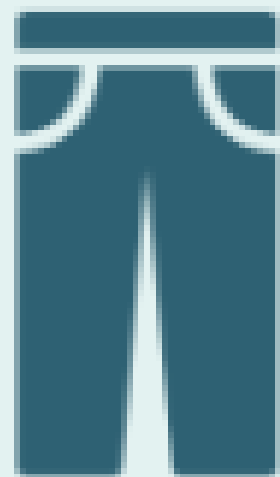
GETTING READY FOR YOUR FOREST SCHOOL SESSIONS



WHEN VISITING OUR FOREST SCHOOL IT IS ESSENTIAL THAT LEARNERS COME PREPARED. EVERY LEARNER SHOULD ENSURE THAT THEY ARE DRESSED APPROPRIATELY AND HAVE APPROPRIATE EQUIPMENT WITH THEM.

Trousers

Ensure trousers are hardwearing and warm. Choose trousers that you are happy to get muddy and messy.



Tops.

For warmth it is advisable to dress in a number of different layers. This will allow for adjustment to temperature. Layers also trap heat.



Footwear

Ensure footwear is hardwearing and warm e.g walking boots or wellingtons. Choose footwear that is ok to get muddy and messy



Waterproofs

A set of waterproofs is essential and waterproof trousers would also be useful.



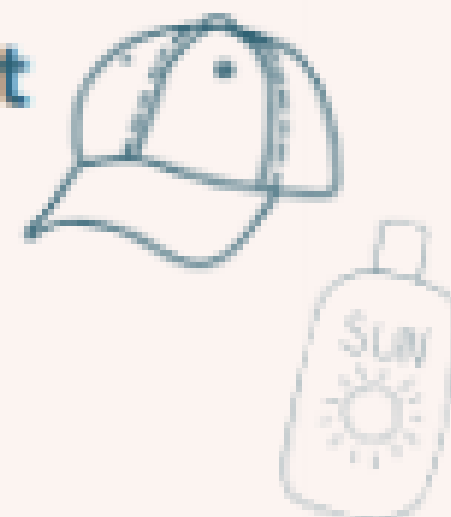
A Full bottle of water

Especially in hot weather staying hydrated is really important.



Sun Cream and Sun hat

During the summer these will be essential to stop burning.



Hat/gloves/Scarf

These may be needed in the winter months to keep you warm.



Torch

Especially in the winter when light goes early.

