

# Forest School Kit List



In the Forest School sessions, we are going to go out in ALL weathers (with the exception of storm force winds!) so it is really important that all children are dressed in the correct clothing, to keep them warm and dry. (I know it sounds a little over the top but, in the Winter the children should be dressed like they are going to the arctic, it gets very cold and its better they have the layers and need to take them off than don't have them and freeze.)

Below I have made some suggestions about what sort of kit would be beneficial to your children. Please name all items, that way if any get dropped outdoors and I find them, I can get them back to the rightful owner.

**Waterproofs** - The best sort would be all in one puddle suits (this is great for keeping the mud off of clothes and keeping heat in, lined ones are better for the winter months.) alternatively there are waterproof trousers and a coat - again a thick lined one for Winter months would be better.



**Wellies/Walking boots** - The forest can get **VERY** muddy so wellies or high-top walking boots are the best footwear, lined wellies are better for the colder months as toes can get very cold in temperatures of 0.



**Long Sleeve top**

**Jumper**

**Leggings/joggers**

**Thick socks** - Thermal/ fleece are the better option, I often have children who have frozen toes who are miserable outdoors for 2 hours in a pair of thin socks. The other option is putting them in 2 pairs of normal socks.



**Gloves** - These should also be thermal as the children will be playing with ice, water and mud even in the winter months.



**Hat**

**Scarf**

Please be aware that we will be sitting around the fire and if anything was to spit out their skin is better protected when covered up. Furthermore, there are ticks on site and the least amount of skin exposed the less chance of them crawling onto them. We do ask that you check your children for ticks when they come home from Forest School every week.

Thank you

Hannah

Wild Woodland Adventurers