

WHAT TO WEAR FOR FOREST SCHOOL

1 On cold days start with a base layer such as a vest and tights or leggings



2 Add another layer of thin leggings and a long sleeved top if required



3 Now put on a mid layer consisting of jogging bottoms (not jeans) and a warm jumper such as a fleece.



4 Add another jumper, fleece or hoodie



5 Waterproof trousers and coats are essential, even just to bring along as the weather might change!



6 Two pairs of socks to wear in wellies or walking boots



7 A warm coat, hat, scarf and gloves



A few tips:

- It's a good idea to pack spare gloves and socks in case they get wet!
- On warmer days we need less layers but must make sure we cover our arms and legs with long sleeved tops and long trousers
- Layers can be taken off, but it's really tricky to get warm once you are cold - Mrs Wood is known to wear 5 layers on cold days!
- Wearing lots of thin layers is better than wearing less thick layers

