

# Forest School Clothing List

***“There is no such thing as bad weather,  
just unsuitable clothing”***  
-Old Saying

Forest School sessions will take place in all seasons in almost all weather (storms and high wind being the only exceptions). The following list of appropriate clothing is for EVERYONE participating in Forest School; **children, staff and other adult helpers/volunteers.**

## **Autumn - Winter**

*Think Layers, we can always remove a layer but once cold, it can be hard to warm up*

-  Vest or T-shirt
-  Long sleeved top
-  Hooded top, fleece or thick jumper
-  Waterproof jacket
-  Thick socks (thermal or two pairs of thinner ones)
-  Trousers
-  Waterproof over trousers
-  Wellington boots
- Hat, gloves and scarf

## **Spring – Summer**

*Always long sleeves (to minimise risk from thorns, nettles and biting insects)*

-  Long-sleeved T-shirt or top. Arms to be covered at all times.
-  Light trousers. **No** Shorts. Legs to be covered in at all times.
-  Socks.
-  Trainers, shoes or Wellington boots. **No** sandals or flip-flops.
-  Sunhat or cap.
-  Sunglasses (if required.)

Participants are also responsible for providing their own sunscreen and, if deemed necessary, insect repellent.

**Please Note: Short sleeved T-shirts and shorts cannot be worn – whatever the weather – arms and legs must always be covered in the woodland.**