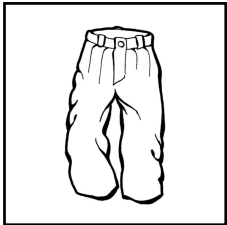


Learning in the Leaves

Getting Ready For Your Woodland Visit

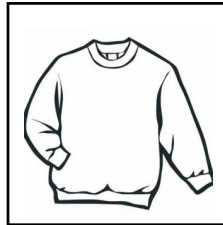


When visiting our Forest School it is essential that the learners come prepared. Every learner should ensure they are dressed appropriately and have the appropriate equipment with them.



Trouser/Shorts

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



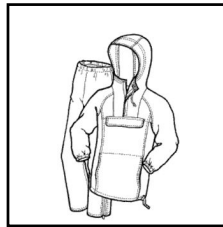
Tops

For warmth it is advised that you dress in a number of different layers, allowing for adjustment dependent on temperature. The layers help to trap in the heat.



Footwear

Ensure footwear is hardwearing and warm e.g. walking boots or wellington boots. Waterproof footwear can help. Choose footwear that are okay to get muddy and messy.



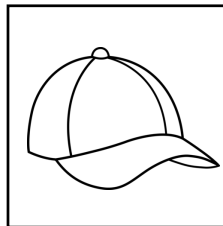
Waterproofs

A set of waterproofs is necessary especially if you are a long way from shelter. Waterproof trousers may also be useful.



A Full Water Bottle

Especially on hot days, it is important to stay hydrated.



Sun Hat

During the summer this may be essential to stop burning.



Hat/Gloves/Scarf

These may be needed during winter months to keep you warm.



Sun Screen

Essential if spending a long time outside during the summer.



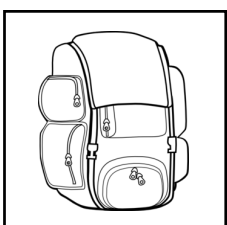
Snacks/Food

Dependent on the length of your visit a snack or a meal may be required.



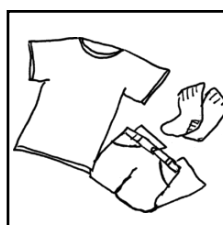
Torch

Especially if going in the later afternoon in the winter or in the evening a torch may be useful.



Rucksack

Maybe useful for keeping your kit in.



Spare Clothes

Especially in poor weather a spare set of clothes may be useful to change into following the session.