

LYNE AND LONGCROSS PRIMARY SCHOOL AND NURSERY FOREST SCHOOL

What to wear to Forest School

- Sessions take place in all weather conditions, so it is essential your child has appropriate clothing.
- Please ensure your child wears clothing that covers their arms and legs to avoid scratches and stings, with plenty of layers which can be added or removed as needed.
- A waterproof coat, waterproof trousers and sturdy enclosed footwear are vital.



SUMMER

- Comfortable trousers – jogging bottoms or leggings.
- Long sleeved t-shirt for protection against stings, scratches, bug bites and sunburn.
- Jumper or a lightweight fleece jacket – zips make it easier to get on and off.
- Socks.
- Sturdy shoes that you do not mind getting muddy.
- **No open toe sandals or flip flops.**
- Waterproofs – unlined, for the wet summer days.
- Sunhat or cap.



SPRING AND AUTUMN

- Waterproofs – Puddle suit or separate coat and trousers.
- Comfortable trousers – jogging bottoms or leggings.
- Long sleeved t-shirt.
- Jumper or fleece jacket – for warmer days pack a lightweight fleece.
- Socks – potentially 2 pairs, weather dependent - thin cotton socks underneath thick wool socks.
- Sturdy shoes or wellies – footwear that you do not mind getting muddy.



WINTER

- Base Layers – thermal vest, thermal long-sleeve top and thermal leggings.
- Warm Trousers – fleeced lined or warm tracksuit bottoms.
- Long sleeve top.
- Warm jumper – a wool jumper or fleece.
- Warm jacket – in case it is a colder day.
- Hat, scarf and gloves.
- Two pairs of socks – wear thin cotton socks underneath thick wool or thermal socks on top.
- Sturdy boots – walking boots or muck boots, something that has a thermal liner which will help keep feet warm.
- **Wellington boots tend to not retain the heat very well and therefore would avoid using during the winter months.**
- Winter waterproofs – a fleeced lined puddle suit or a fleece lined two-piece rain set to wear over the layers listed above.
- Waterproof winter mittens.

Any person not wearing appropriate clothing will not be able to participate.

Long sleeved tops and long trousers are compulsory, even in warm weather, due to the presence of ticks, mosquitoes, stinging nettles, holly leaves and brambles – pyjamas are a good option on hotter days.

Clothing needs to protect them from extremes of heat and cold.

Full waterproof clothing is important during wet spells, alongside clothes that are warm (including thermal socks) and allowed to get wet and muddy during cold weather.