**Clothing Requirements for Forest School Sessions**

During the winter months, children and adults should come prepared to each session with:

* Woolly hat and scarf
* Gloves
* Thick jacket/ Waterproof coat
* Waterproof trousers
* Warm trousers eg. Jogging bottoms
* Fleece
* Long sleeved sweatshirt/ jumper
* Spare socks
* Wellies/ walking boots/ sturdy shoes

\* A complete spare set of clothes and a carrier bag for wet or dirty clothes may be necessary.

In the summer months, children and adults will need to come prepared to each session with:

* Sun hat
* Sun cream (please apply before coming to school)
* A thin, long sleeved top and jumper
* Trousers
* Sturdy shoes/ walking boots or wellingtons
* A waterproof coat

\* A complete spare set of clothes and a carrier bag for wet or dirty clothes may be necessary.

This clothing list applies to everybody involved in Forest School sessions, and is important for a number of safety reasons. Please be aware that sandals/ flip flops are never suitable for Forest School sessions, and that not wearing appropriate clothing may be a barrier to participation.