

SPENDING TIME IN NATURE

Preparation & Things to Consider

Preparation is key to helping you switch off & enjoy your experience in nature. Your safety, the safety of others & the protection of the natural world is of the utmost importance.

Here are some suggestions for what to consider -

WHAT TO WEAR

- **plenty of warm clothes** as your body temperature will drop whilst walking slowly or being still
- **comfortable & suitable footwear** to support you on uneven & unknown terrain
- don't forget your **waterproofs** if it's likely to rain

WHAT TO TAKE WITH YOU

- **something waterproof to sit on** (if you'll be sitting on the ground) - a waterproof mat or a gardening kneeler work well. If you'll find it difficult to get down & up off the ground, do use something to take your weight, camping chairs or walking perches are perfect - take whatever will help to make you most comfortable. They'll always be the option to stay standing and if you don't feel comfortable with an Invitation you have the option to not take part.
- **water & snacks** if you think you'll get hungry (don't forget to take your rubbish home with you)
- **extra layers** of clothes, along with a beanie & gloves in case you get cold
- **mobile phone** to log into the session and in case you need to call for help (consider airplane mode so you're not disturbed)
- **your journal & a pen** if you'd like to capture anything
- a **map** to help you find your way

TELL SOMEONE WHERE YOU'RE GOING

Make sure you tell someone where you are going, when to expect you back & what to do if you're not. Let them know when you return home so they know you're safe & I'm sure they'd love to hear how you got on.

WHERE TO GO

Plan where you're going before you set off. Only go on land that you have permission to be on - make sure it's open & accessible to the public. You don't want any upset landowners or farmers chasing after you! You can access a local park or woodland that's open to the public, use public footpaths & both the Woodland Trust & Wildlife Trust have great sections on their website where you can search for wood or nature spots using your postcode.

<https://www.woodlandtrust.org.uk/visiting-woods/find-woods/>

<https://www.wildlifetrusts.org/nature-reserves>

WHEN TO GO

- **check the local weather** to ensure the conditions are suitable & you'll be comfortable to go in them
- **set off when there's plenty of daylight** & give yourself plenty of time to get back home or back to your mode of transport before the sun sets & it gets dark.

Please refer to the Countryside Code which is downloadable on the website for further help on how to protect & stay safe whilst outdoors.

Disclaimer

Full disclaimer on website. This information is used at the user's sole risk & responsibility.