



## **Spring/Summer Forest School PPE Guide for Parents**

As part of our commitment to providing a safe and enjoyable outdoor learning experience, we want to ensure that your child is fully equipped for the warmer conditions of our Spring/Summer Forest School sessions. Please read the following PPE guide to help your child stay comfortable and safe during our outdoor activities.

### Essential Clothing and Equipment

#### **Long trousers and long sleeved tops:**

It's essential that children have long trousers and sleeves whilst at Forest School, even when warm. This is to protect against stings, scratches and ticks in the warmer weather. It also helps to keep children safe when using tools. If it is hot, opt for breathable, light weight tops and trousers, UVA tops etc. Shirts/blouses work well in hot weather, as do cotton trousers.

#### **Waterproof Outerwear:**

**Waterproof Jacket:** Ensure your child has a lightweight waterproof jacket to protect them from rain, should our British summertime turn wet.

**Waterproof Over-Trousers:** These are essential for keeping your child dry and comfortable during outdoor activities if we end up with a rain shower.

#### **Layered Clothing:**

Weather in the UK is highly changeable, so please ensure children have additional layers packed on warmer days, such as fleeces, hoodies etc.

#### **Footwear:**

Sturdy footwear with good grip are essential for keeping feet safe, whilst climbing, using tools, running about.

**Spare Socks:** Always pack a spare pair of socks in case the first pair gets wet.

#### **Head:**

**Sun Hat:** A sun hat or cap is essential during the hotter weather, to help protect against heat stroke and sunburn.

**Sunscreen and Insect repellent:**

Please ensure you apply sunscreen and insect repellent before attending the session. If your child is attending a longer day session, it's a good idea to put sunscreen in their backpack, so they can reapply when needed.

**Backpack:**

Small Backpack: A small, waterproof backpack is ideal for storing personal items such as spare clothes, snacks, and water. It also helps your child carry their torch or other equipment.

**Additional Recommendations:**

Spare Set of Clothes: In case your child gets wet, please pack a spare set of clothes (including socks and underwear).

Water Bottle: It's important to stay hydrated. Ensure your child has a water bottle that is easy to open and close, as this will help them stay comfortable during the session.

**Health and Safety Considerations:**

Check Weather Forecast: Before sending your child to a session, check the weather forecast. While we do run in all weather conditions, parents should ensure children are dressed appropriately based on the day's forecast.

**Stay Safe:**

If your child is feeling uncomfortable during the session due to being too hot, they should let the instructor know immediately.

**Why Is This Equipment Important?**

Spring/Summer weather can bring hot temperatures, rain showers, seasonal bugs, such as ticks and mosquitos and lots of nettles, so being properly dressed and equipped is essential for your child's comfort and safety. The right clothing will ensure your child can participate fully in all activities, stay safe, and enjoy the outdoor learning experience.

Thank you for helping us provide a safe and enjoyable Forest School experience for your child. We look forward to seeing them outdoors!



If you have any questions or need further advice, please don't hesitate to contact us.

Notes for Parents:

Please label all clothing and equipment with your child's name to avoid mix-ups.