

WHAT TO WEAR & BRING TO FOREST BATHING+



- Picnic blanket
(this is to keep you warm and dry when laying or sitting down at the end of the session)
- Cold or hot drink
(I will offer a herbal tea at the end of the session)
- A snack
(people often feel hungry after the Forest Bathing)
- Any medication you would usually take
- Anything you feel would help you be comfortable during our session
- It's helpful to put everything into a rucksack

Even on warm days, it can feel cold during Forest Bathing+, as we will be moving slowly and at the end of the session everyone is invited to lay down on the forest floor. Therefore, I advise you wear at least one layer more than you normally would for a countryside walk.

What to wear in cool weather (September to June):

- Long trousers (with leggings below)
- Waterproof trousers
- Waterproof coat
- Long sleeve tops
- Warm layers below your coat
- Warm hat and gloves
- Strong, waterproof, comfortable shoes or boots

What to wear in warm weather (June to August):

- Long trousers (to prevent ticks)
- Waterproof trousers
- Waterproof coat
- Long sleeve tops (to prevent ticks)
- Warm layers to add in the shade
- Sun hat
- Strong, waterproof, comfortable shoes or boots



Please ensure you have submitted the registration form at least 24 hours before the session

Contact me if you have any questions!