

Forest School Kit List

How to get dressed for Forest School on cold days:



Thermal Underwear:

You can buy these from most supermarkets, sports shops or outdoor shops (Decathlon, Go Outdoors etc) At this point I'd also suggest putting on their first pair of socks so they're tucked into their thermals for extra warmth.



Mid Layer: A long sleeve T-shirt on top and one tracksuit bottoms/joggers on the bottom. No jeans please because if they do get wet they become very uncomfortable. And a second pair of socks, thick ones.



Outer Layer: We provide waterproof tops and bottoms but you can provide your own if you'd like. (Available in Decathlon, Go Outdoors etc but also worthwhile checking supermarkets too). A fleece (and even a spare) is good too, cotton jumpers get very cold when they're wet.

Footwear: Your child will need wellies or walking boots, these aren't provided by nursery.



Hats and Gloves: For when it's cold!

How to get dressed for Forest School on warm days:



Sun hat and Sun Cream: Please help us to keep your child safe in the sun by sending them with a sun hat and sun cream. (We will need parental permission for nursery to provide sun cream)



Long Sleeves and Legs: To help protect from the sun, brambles and insects etc. please dress your child in light long sleeve/leg clothing on sunny days. Wellies aren't necessary in summer, but footwear will still get dirty!

In their bag:

Please send your child with a full change of clothes (weather appropriate) including a spare jumper/fleece, occasionally even well toilet trained children can have accidents in the woods.

Please also provide nappies and any creams your child may need in the bag too.

Please send your child with a full water bottle, with their name on.