



Wildwoods Detailed What To Wear Information

Layers – One more layer than you might think as it can be colder in the woods

Old Clothes – Don't wear anything special as clothes will get muddy and dirty

Waterproof Trousers – Highly recommended as children can kneel or sit on the ground without having to worry

Spare clothes needed – In a plastic bag in their rucksack as it's very likely that they will get wet or muddy

Long Sleeves – Highly recommended to help protect against bites, scratches or ticks

Long Hair – MUST be tied up

Layers:

Base Layer – Closest to the skin. Absorbs moisture away from the skin, close fitting t shirt/ vest/ tights etc

Mid Layer – Provides warmth through trapped air in the layers. Long sleeved top/ fleece jumper/ trousers

Insulation Layer – Extra Warmth layer. Coat/ thick fleece/ jumper/ hoodie/ warm trousers

Outer Layer – Keep is dry. Waterproof either all in one or jacket and trousers

Spring	Summer	Autumn	Winter
Base Layer	-	Base Layer	Base Layer
Mid Layer - Long Sleeved Top and Long Trousers	Mid Layer – Full Length lightweight trousers/ top	Mid Layer - Long Sleeved Top and Long Trousers	Mid Layer – Long Sleeves, Ski Trousers
Insulation Layer	-	Insulation Layer	Insulation Layer – Thick fleece or coat
Outer Layer	Outer Layer	Outer Layer	Outer Layer
Warm Socks	Socks	Warm Socks	Warm wool/ fleece socks
Hat and Gloves	-	Hat and Gloves	Hat and Gloves
Welly Boots or Sturdy Boots	Welly Boots or Sturdy Waterproof Boots	Welly Boots or Sturdy Boots	Welly Boots or Sturdy Boots
	Sunhat Suncream Applied BEFORE attending		

