

## Information Sheet for Kit & Clothing

For your child to be comfortable at Forest school it is really important they are warm and dry. Please have a look at the table below so you know what your child will need throughout the year and most importantly as winter approaches. If you need any extra information or have any questions please ask a member of staff



<b>Above 15*c</b>	
Feet	<ul style="list-style-type: none"> <li>• Normal socks or wellie socks</li> <li>• Wellies or hard-wearing waterproof shoes/boots</li> </ul>
Legs	<ul style="list-style-type: none"> <li>• Tracksuit bottoms or similar</li> <li>• Shorts can be worn on really hot days, but we would nearly always recommend leggings or trousers to prevent scratches and the possibility of insect bites</li> </ul>
Body	<ul style="list-style-type: none"> <li>• T-shirt or base layer</li> <li>• Long sleeved thin top</li> <li>• Fleece or Jumper</li> <li>• Gilet on or in bag</li> <li>• Waterproof trousers and coat (preferably no puddle suits unless high quality material)</li> </ul>
Head	<ul style="list-style-type: none"> <li>• Baseball cap for rain</li> </ul>

<b>Temperature 14*c to 9*c</b>	
Feet	<ul style="list-style-type: none"> <li>• Normal socks or wellie socks</li> <li>• Wellies or hard-wearing waterproof shoes/boots</li> </ul>
Legs	<ul style="list-style-type: none"> <li>• Tracksuit bottoms or similar</li> </ul>
Body	<ul style="list-style-type: none"> <li>• T-shirt or base layer</li> <li>• Long sleeved thin top</li> <li>• Thick fleece</li> <li>• Gilet on or in bag</li> <li>• Waterproof trousers and coat (preferably no puddle suits unless high quality material)</li> </ul>
Head	<ul style="list-style-type: none"> <li>• Baseball cap for rain</li> </ul>
Hands	NA

<b>Temperature 8*c to 5*c</b>	
Feet	<ul style="list-style-type: none"> <li>• Thermal socks or wellie socks</li> <li>• Waterproof snow boots or wellies</li> </ul>
Legs	<ul style="list-style-type: none"> <li>• Base layers or similar</li> <li>• Tracksuit or similar</li> </ul>
Body	<ul style="list-style-type: none"> <li>• Base layer</li> <li>• Long sleeved thin top</li> <li>• Micro fleece or warm thinner jumper</li> <li>• Thick fleece</li> <li>• Gilet on or in bag</li> <li>• Waterproof salopettes and thick waterproof coat</li> </ul>
Head	<ul style="list-style-type: none"> <li>• Warm snug hat (no bobble/pom pom)</li> <li>• Snood or similar (no scarves)</li> <li>• Baseball cap (if raining wear under warm hat)</li> </ul>
Hands	<ul style="list-style-type: none"> <li>• Warm (waterproof) gloves and spare pair in bag</li> </ul>

<b>Temperature 4*c to 0*c</b>	
Feet	<ul style="list-style-type: none"> <li>• Thin socks</li> <li>• Thermal socks or wellie socks</li> <li>• Waterproof snow boots or wellies</li> </ul>
Legs	<ul style="list-style-type: none"> <li>• Base layers or similar</li> <li>• Tracksuit or similar</li> </ul>
Body	<ul style="list-style-type: none"> <li>• Base Layer</li> <li>• T shirt</li> <li>• Long sleeved thin top</li> <li>• Micro fleece or warm thinner jumper</li> <li>• Thick fleece</li> <li>• Gilet (On or in bag)</li> <li>• Waterproof salopettes and thick waterproof coat</li> </ul>
Head	<ul style="list-style-type: none"> <li>• Warm snug hat (no bobble/pompom)</li> <li>• Snood or similar (No scarves)</li> <li>• Baseball cap (If raining wear under warm hat)</li> </ul>
Hands	<ul style="list-style-type: none"> <li>• Warm (Waterproof) gloves and a spare pair in bag</li> </ul>

<b>Below 0*c</b>	
Feet	<ul style="list-style-type: none"> <li>• Thin socks</li> <li>• Thermal socks or wellie socks</li> <li>• Waterproof snow boots or wellies</li> <li>• If your child is prone to cold feet, please add a heat pad to the inside of the boots or consider buying specialist wellies. We use <a href="http://www.warmwellies.co.uk">www.warmwellies.co.uk</a> and have a 10% discount code which is LSFS10</li> </ul>
Legs	<ul style="list-style-type: none"> <li>• Base layers or similar</li> <li>• Leggings or PJ bottoms</li> <li>• Tracksuit or similar</li> </ul>
Body	<ul style="list-style-type: none"> <li>• Base Layer</li> <li>• T shirt</li> <li>• 2 Long sleeved thin top</li> <li>• Micro fleece or warm thinner jumper</li> <li>• Thick fleece</li> <li>• Gilet on</li> <li>• Waterproof salopettes and thick waterproof coat</li> </ul>
Head	<ul style="list-style-type: none"> <li>• Warm snug hat (no bobble/pompom)</li> <li>• Snood or similar (No scarves)</li> <li>• Baseball cap (If raining wear under warm hat)</li> </ul>
Hands	<ul style="list-style-type: none"> <li>• Warm (Waterproof) gloves and a spare pair in bag</li> </ul>

<b>Extra Items &amp; Information</b>	
Bags	<ul style="list-style-type: none"> <li>• Waterproof/ showerproof rucksack. The outside pocket should contain the things they need throughout the day e.g their hat, gloves and a spare plastic bag for muddy wet clothes.</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Named packed lunch (please refer to our safer eating policy and DFE guidance on healthy eating for what types of packed lunch you should provide).</li> <li>• include ice blocks on hot days and consider a warm flask for the colder months</li> </ul>

	<ul style="list-style-type: none"> <li>We are a <b>Nut Free</b> setting (including spreads like Nutella and Pesto)</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>Named water bottle (please do not send box drinks, cans etc.)</li> <li>Please ensure the water bottle is one that can be opened easily</li> <li>We only provide drinking water to refill a child's water bottle if needed.</li> <li>We do not provide juice or sugary drinks.</li> <li>On occasion and as part of the Forest School experience or as part of a seasonal activity or theme we may provide some drinks that contain sugar such as Hot Chocolate. We will always aim to provide healthy choices.</li> </ul>
Footwear	<ul style="list-style-type: none"> <li>Wellies (tall if possible) with thick socks (character wellies with images stuck on are not suitable, they often split after a very short time). We recommend 'Bogs' (rubber/neoprene) wellies or visit <a href="http://www.warmwellies.co.uk">www.warmwellies.co.uk</a> (our 10% discount code is LSFS10) as they are suitable for very cold weather whilst being waterproof. If your child has Bogs or Warmwellies, they can wear them all year round. They are slightly more expensive; however, you will not need to purchase snow boots as well. Decathlon also has some good hard wearing snow boots</li> </ul>
Spares	<ul style="list-style-type: none"> <li>Change of clothes within a plastic bag (socks, underwear, trousers, long sleeved top and spare warm jumper). In the winter make sure they have a full set of extra clothing to change into if needed (including extra layers).</li> </ul>
Nappies & Wipes	<ul style="list-style-type: none"> <li>Please provide your own nappies (Not pullups) and wipes (And cream if required).</li> <li>We ask that nappies are used, not pull ups, for children not yet toiletied. This is due to the environment within which we work. Nappies can be changed quickly with minimal impact on the child without the need to undress the child's lower garments. This ensures the wellbeing of the child during cold and wet weather. It also reduces the length of time that staff and children spend out of the woods during the nappy changing time.</li> </ul>
Toilet Training	<ul style="list-style-type: none"> <li>If your child is toilet training, please provide the following: Lots of spare clothes and underwear incl. socks. Nappy wipes. Spare shoes or wellies.</li> <li>Building children's independence skills is very important as children transition into the toilet training stage. They need to be able to pull their pants down and up again before swapping from nappies to underwear. We recommend during the toilet training process your child wears waterproof trousers instead of salopettes that can be pulled up and down easily. Please be reassured that we are on hand to advise, support and offer encouragement during this process.</li> </ul>
Suncream	<ul style="list-style-type: none"> <li>When the UV index is 3 or higher (Usually mid-March to mid-October) NHS guidance suggests that sunscreen should be applied. We ask that parents apply a once-a-day application before a child attends their session. Please leave the sunscreen in your child's bag in the event reapplication is needed.</li> </ul>
Insect Repellant	<ul style="list-style-type: none"> <li>We always recommend a child has insect repellant in their bag and this should be applied to any areas of skin that are not covered by clothing before the start of a session (Especially in the warmer months). Please consider which insect repellant is suitable for your child</li> </ul>
Name Label	<ul style="list-style-type: none"> <li>Please write your child's name on everything that is removable, otherwise things do get lost</li> </ul>