

## Suitable Clothing Information Sheet

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> </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>
Skin	<ul style="list-style-type: none"> <li>• Sun cream (In bag), fly spray (in bag)</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</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>