



What to wear

In order to protect yourself and your child by keeping comfortable, warm, dry and as scratch-free as possible, we recommend the following:

-  Sturdy trainers, walking boots, snow shoes if really cold or Wellingtons if really wet (Wellies are rarely needed.)
-  Long trousers at all times
-  Long sleeves at all times
-  Water proof jackets and trousers to be brought to each session
-  Adequate layering to suit the seasons; thermals recommended for the winter months
-  Gloves, hats, thermal socks and scarves for the Winter Months
-  Sunhats/caps for the summer months
-  A change of clothing, including extra footwear, for your child is a good idea in case they get cold and wet.
-  A hair bobble for longer hair (for when we are using the fire or tools)
-  Sun cream
-  Insect repellent (especially between May and October)