



KIT LIST FOR FOREST SCHOOL

Dear Parents and Carers,

Forest School sessions take place outdoors in all weather conditions, so it is essential that your child comes prepared with appropriate clothing. Dressing your child in the right gear will keep them comfortable, dry, and safe during their Forest School adventures.

General Clothing Guidelines:

- Long sleeves and trousers must be worn at all times to protect against scratches, stings, bites, and sunburn.
- Layering is key – this allows children to add or remove clothing depending on the weather.
- Waterproofs and sturdy footwear are essential all year round.
- We recommend packing a separate bag of clothes for your child to change into for the journey home.
- Spare clothes (especially socks and trousers) should always be packed – more than one set if your child is toilet training.

Seasonal Clothing Recommendations:

Summer – Remaining cool and safe

- Lightweight, long-sleeved t-shirt
- Jogging bottoms or leggings (no shorts)
- Jumper or lightweight fleece jacket (zip-up preferred)
- Sturdy shoes (no sandals or open-toe shoes)
- Unlined waterproofs (for wet days)
- Sunhat and sunscreen
- Spare set of clothes (especially socks and trousers)

Spring & Autumn – Changeable Weather

- Puddle suit or separate waterproof coat and trousers



- Long-sleeved t-shirt and comfortable trousers
- Jumper or fleece jacket
- Lightweight warm jacket (for the backpack)
- Two pairs of socks – thin cotton underneath, thicker pair on top
- Sturdy footwear – wellies or outdoor shoes you don't mind getting muddy
- Spare set of clothes (especially socks and trousers)

Winter – Staying Warm and Dry

- Thermal base layers – vest, long-sleeved top, and leggings
- Warm trousers – fleece-lined or thick tracksuit bottoms
- Long-sleeved top and warm jumper (wool or fleece)
- Fleeced-lined waterproofs – either an all-in-one puddle suit or a two-piece set
- Warm winter coat (for extra layering if needed)
- Hat, scarf and waterproof mittens/gloves
- Two pairs of socks – cotton socks underneath thick wool or thermal socks
- Insulated boots – walking boots or thermal-lined muck boots (avoid wellies in winter as they don't retain heat)
- Spare clothing – including extra jumpers, gloves, socks, and trousers

Thank you for helping us ensure that all children can enjoy Forest School to the fullest, no matter the weather. If you have any questions about what to bring, please don't hesitate to ask.

