



Clothing and Equipment Requirements for Forest School

Hakeford Woods Forest School will provide specialist equipment necessary for Forest School sessions including first aid equipment and tools needed for activities.

It is essential that children and adult participants wear appropriate clothing to protect them from cuts, scrapes, extremes of heat or cold and insect bites.

Requirements for moderate to cold weather (Spring, Summer, Autumn):

- Full length trousers
- Long sleeved top
- Waterproof trousers and/or a spare pair of trousers
- Long sleeved fleece/warm jumper
- Waterproof coat with hood
- Warm boots (in winter wellies can lead to cold feet, if no warm boots are available make sure that wellies have enough space for warm socks)
- Warm socks and a spare pair
- Gloves, warm hat and scarf
- Backpack to carry spare clothes and food/drink

Requirements for warmer weather (Summer only):

- Full length trousers
- Long sleeved top
- Waterproof trousers and/or spare pair of trousers
- Boots or trainers suitable for walking on rough ground (not sandals or flip flops).
- Sun hat (with a peak or brim)
- Light jumper or jacket in case the weather changes
- Sun cream
- Backpack to carry spare clothes and food/drink

Forest School staff will take extra drinking water to the site and will carry sun cream (in hot weather). However, participants need to bring a full water bottle to each session and are responsible for bringing their own sun cream (or have it applied before arrival). Due to issues with skin sensitivity, Hakeford Woods Forest School will not provide insect repellent for participants. If you wish to use insect repellent please apply to participants before the session.