

FOREST SCHOOL CLOTHING

A part of the ethos of forest school is “There is no such thing as bad weather, just bad clothing”. The idea is that if sufficient, comfortable and appropriate clothing is provided, all children can enjoy the forest school experience in all weathers. The only exception to this is high winds and lightning, as it’s not wise to be under the trees if there is a risk of falling trees or branches, however the fields could be utilised.

Below is an idea of what will be needed for our Forest School sessions. We often talk about layering clothing but what does it actually mean and why is it important?

Layering means that clothes can be put on and taken off when necessary to keep a comfortable body temperature. Air is trapped in between the different layers and helps provide insulation. The outer layers can be removed if an individual is feeling too hot allowing the body temperature to drop to a comfortable level. Frequently children either wear too much clothing or clothing that is too bulky. This may prevent the child from moving easily and detracts from their ability to participate in outdoor activities. Keeping a base and mid layer on prevents the body temperature dropping too much when outer layers are removed. A comfortable body temperature prevents sweating during physical activity, this is important because once the activity stops the feeling of dampness from sweat can make you cold.

Getting the layers of clothing right really enables children to access forest school activities.

Base layer - The base layer is the layer closest to your skin

Mid layer - is to capture warmth through trapped air

Top layer – is to provide extra warmth.

Outer waterproof layer – to protect from damp, wind and cold.

Protection for extremities – head, hands and feet.

Sun protection

AUTUMN/WINTER TERMS

During this time of year, the children need to be prepared for chilly and often wet sessions.

BASE LAYER

Vest or thermal top

Tights or thermal leggings

MID LAYER

Long sleeved T-shirt top

Fleece top/jumper

Leggings/trousers (preferably a thicker type material for really cold weeks)

TOP LAYER – for really cold weeks

Thicker fleece /jacket

WATERPROOF LAYER

Waterproof jacket

Waterproof trousers or dungaree trousers

EXTREMITIES

FOOTWEAR

Tights or socks – would advise two pairs of socks in the colder weeks, feet get cold in wellies, also ensure you have a suitable size that will fit two pairs of socks – if the boot is too tight it will also make the feet colder.

HEAD AND HANDS

Wool hat and snood

Gloves (extra pair of gloves in bag)

Welly boots / Snow boots are ok in cold/dry conditions- but not when we have lots of water.

In addition to the above could each child bring with them in their large bag the following clothing: Trainers and socks to change into.

THE SUMMER TERM

At this time of year, the weather can of course be warm and sunny however it can often feel cooler in the woods and can be damp on the ground even during a sunny spell. Therefore, please ensure they come prepared. Please note full length sleeves and trousers must be worn to protect against thorns, stinging nettles, and ticks.

BASE LAYER

T-shirt top (long sleeves please)

MID LAYER

Fleece top/jumper

Leggings/trousers (no shorts please, children must have full length trousers)

OUTER WATERPROOF LAYER

waterproof jacket/trousers /dungarees

socks (would advise two pairs of socks, feet get cold in wellies, be guided by the weather)

Sun hat

Welly boots

Sun cream (this must be applied by you, before the session)

In addition to the above could each child bring with them in their large bag the following clothing: Trainers and socks to change into.