



Clothing Policy - What to wear at Woodland Nurture

In order to protect your child by keeping them comfortable, warm, dry and as scratch-free as possible, we ask you to provide the following clothing:

- 🌳 Sturdy trainers or walking boots. (Wellies are suitable only if it is likely to be wet, it is best to send them in a separate bag.)
- 🌳 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 colder days, a pair of pyjamas under their clothes works well if you don't have thermals.
- 🌳 Gloves, hats, thermal socks and scarves for colder days.
- 🌳 Sunhats/caps for the summer months.
- 🌳 A change of clothing, including extra footwear brought to each session. 🌳 A hair bobble for longer hair.

Please provide sun cream for your child to apply themselves. Or apply it for them just before the start of the session.

Please be mindful that there might be biting insects in the woods at certain times of the year (especially from May to October). We therefore advise you to supply your child with insect repellent that they can apply themselves, or apply it for them just before the start of the session. Please refer to Tick awareness leaflet for information about ticks.

Thank you!