



Find Your Wild

## **PREPARING FOR OUTDOOR ACTIVITIES**

All participants will be required to wear appropriate clothing that fits appropriately for comfort when taking part in outdoor activities and to protect from extremes of heat or cold. Please be aware that you are likely to take some of our mud home with you after a session! In the wooded area it can often be cooler than expected under the shade of the trees. Layers are good for keeping warm in winter and can be stripped off as necessary in warm weather.

### **Essential Clothing List:**

- Waterproof trousers
- Warm waterproof coat with a hood
- Long sleeved top (thin layers plus warm top in winter)
- Full length trousers (thermal leggings underneath useful in very cold weather)
- Warm boots (wellies can be very cold during the winter – if you use wellies ensure you have 2 or 3 pairs of warm socks)
- Warm Socks
- Gloves and Woolly hat – Cold weather
- Sun hat: that fits well to ensure good visibility– sunny weather

Please remember to bring **a spare set of clothing** to each session (pair of socks, trousers, top and jumper). There's nothing worse than hanging around in wet clothes!