****Clothing and PPE guidelines

**Weather & Clothing**

Clothing advice will be given to participants and their parents/carers prior to the visit if specific activities dictate, but we aim to go out in all seasons, so for each we need participants to dress appropriately. Our sessions are relatively active, but in winter spending hours outside can mean getting very cold if a child isn’t wearing several layers, warm socks, a hat, gloves, scarf, etc. It’s also advisable always to wear long trousers, long sleeves and sturdy boots or wellies in all weathers in the woods, likewise some parts of sessions involve water play in the mud kitchen or at the water play station, so waterproofs are often a good idea throughout the year.

Coed Cariad have a few sets of outdoor clothing accessible for children and adults, but participants and staff are actively encouraged to use their own outdoor gear.

No person will be permitted to go to Forest School and Outdoor Learning without appropriate clothing that will protect them from extremes of heat or cold, keep them covered to reduce the likelihood of cuts and scrapes, that fits appropriately for comfort, and that meets any religious requirements.

Children and parents are encouraged to think about the usefulness of their clothing for outdoor activities, and to be aware they are likely to take some of our mud home with them after a session. In the forest it can often be cooler than expected under the shade of the trees.

Clothing list:

* Waterproof trousers
* Waterproof coat, with a hood.
* Long sleeved top
* Full length trousers
* Warm boots (wellies can be very cold during the winter)
* Warm Socks, and a spare pair
* In cold Weather, Gloves and Woolly hat
* Sun hat: that fits well to ensure good visibility sunny weather

We work on the principle that **“there is no such thing as bad weather, only bad clothing”.**

**Exceptionally strong winds are probably the one real exception, that and exceptional snow and ice events which make our roads impassable**.

Coed Cariad cannot take responsibility for any personal property that is lost or damaged during sessions, and therefore we ask that any mobile phones or valuable items are not brought to the sessions.