












# 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, walking boots, snow shoes or Wellingtons.
-  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 the winter months
-  Gloves, hats, thermal socks and scarves for the Winter Months
-  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.

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Please sign and return before your child(ren)'s first session:

I acknowledge that I am responsible for providing the correct clothing, sun cream and insect repellent for all sessions that my child(ren) attend at Woodland Nurture.

Name of Child(ren):

Signed:

Date:

Relation to child(ren):