



Chelwood Gate Nursery Group & Forest School
Chelwood Gate Village Hall, Beaconsfield Road, Chelwood Gate
East Sussex, RH17 7LF

Telephone (During Nursery Hours): 07759 068015

Email: chelwoodgatenursury@hotmail.co.uk

www.chelwoodgatenursury.co.uk

FOREST SCHOOL KIT LIST

Please send your child to each Forest School session dressed in the following clothing, with the addition of base layers (weather dependent – see below):

• Long trousers	• Warm jumper / fleece
• Long sleeved top	

With the following outdoor gear:

• Waterproof boots or wellies	• Raincoat and rain trousers/salopets.
-------------------------------	--

Plus a rucksack - **buckling across their chest with a simple buckle** - avoid those with whistles - containing the following:

• Warm hat (beanie)	• Waterproof gloves/mittens
• Complete change of clothes (top to toe) in a plastic bag at bottom of rucksack.	
• Flask of cold water	• Nappies/Wipes/nappy sacks if necessary

With the onset of cold weather we upgrade the requirements with the following base layers:

- thermal leggings or tights as a bottom base layer
- thermal long sleeved top
- fleece or otherwise cosy trousers (NOT JEANS)
- thick socks, long enough to tuck trousers into
- warm thermal gloves/mittens
- extra jumper

Extra guidance:

Please look at the following websites – Cozy Mole and Water Proof World, who offer a great selection of good quality gear and some items that are hard to track down such as waterproof gloves/mittens:

<http://www.cozymole.co.uk/mittens/spotty-otter-waterproof-mitts.html>

<http://www.cozymole.co.uk/waterproof-trousers-dungarees/spotty-otter-waterproof-dungarees.html>

<http://www.cozymole.co.uk/base-layer/kozikidz-thermal-underwear-set-childrens.html>

<http://www.waterproofworld.co.uk/kibawaders.htm>

Alternatively, Bishops in Forest Row, TK Maxx and Sports Direct - all very reasonably priced gear and lucky deals.

Being warm is the key to happiness in the great outdoors!

Too much is better than too little!