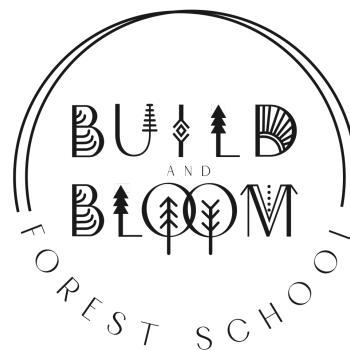


# Build and Bloom Forest School:

## PPE Requirements



We're really excited you have chosen Build and Bloom Forest School sessions where participants will be able to observe, explore, play and learn throughout the seasonal changes of the natural environment.

To obtain the most out of these sessions, participants need to be dressed appropriately so that they are safe, comfortable and ready for an adventure! For each session, they will need to wear **long-sleeved tops and trousers** to prevent scratches, grazes and stings and protect them from the weather. In addition, fingernails will need to be kept short.

Below is a list of recommended clothing items; we kindly request that they come prepared with the following Personal Protective Equipment (PPE):

Forest School clothing for cold/wet weather	Forest School clothing for hot weather
Warm, waterproof, hooded coat or all-in-one	Lightweight waterproof coat
Layers of clothing, including long-sleeved top and jumper.	Long-sleeved top (no t-shirts)
Use moisture-wicking base layers, insulating mid-layers, and waterproof outer layers.	
Long trousers/leggings (preferably waterproof)	Long trousers/leggings (no shorts)
Trainers, walking boots or wellington boots.	Trainers or walking boots
Footwear must be sturdy, waterproof, and supportive, with good grip to protect their feet and provide stability on uneven ground.	
Hat and gloves	Sun hat (preferable wide-brimmed) and sun cream (applied even on overcast days to protect from UV radiation)
NB: Some clothing brands are treated with insect repellent	
<b>Please make sure all clothing is labelled with the participant's name.</b>	

Thank you for your support with providing suitable PPE clothing. If you have any questions, just reach out to us at: [buildandbloomforestschool@gmail.com](mailto:buildandbloomforestschool@gmail.com)