

# What to Wear



## What to wear on outdoor-based School Visits

- T-shirt (long-sleeved in cooler weather)
- Warm jumper
- Waterproof coat
- Long trousers (e.g. joggers or leggings)
- Waterproof trousers (if you own some)
- Wellington Boots (with 2x pairs socks)
- Warm hat, gloves, scarf (can carry in your bag)

### **Top Tips:**

- ✓ *Multiple thin / medium layers are better than fewer thick / bulky layers*
- ✓ *Avoid denim jeans (uncomfortable if wet)*
- ✓ *Bring an extra jumper in your bag (it can be much colder up in the hills than in town)*
- ✓ *For trips where you'll be outside all day, carry your lunch, snacks, water bottle, and spare clothing in a rucksack-style bag, and pack an empty carrier bag to sit on at lunchtime*



If you don't have wellington boots, then sturdy waterproof boots (or sturdy shoes) would be fine for most visits. Ask your teacher if unsure!



In summer, don't forget a sunhat, sun cream and insect repellent