

# What to Wear



Our volunteer days are outside & hands on, often without shelter or toilet facilities, so the right clothing is important for an enjoyable day...

## Clothing

Footwear— sturdy boots or outdoor shoes best. Wellies suitable for ponds, ditches and drainage work

Base layer - T-shirt or long-sleeved

Trousers/shorts - Long trousers / joggers / leggings

Warm layer - jumper or fleece (lighter/thinner option if warm)

Waterproof layer—coat, jacket

Waterproof trousers—useful in heavy rain, wet & muddy tasks

Extras — warm hat (all year), sunhat (summer)

## **Top Tips:**

✓ *Multiple layers over thick layers are best*



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