

# Boots in Nature



## Boots in Nature Clothing Policy

Our priority is to ensure all children are safe, comfortable, and able to fully engage in outdoor learning throughout the year. The correct clothing is essential for health, safety, and enjoyment during all-weather forest and nature school sessions. These are recommendations, parents are responsible for providing children in suitable clothing.

### General Principles

- Children should always come dressed appropriately for the weather.
- Clothing should allow freedom of movement while protecting from cold, wet, sun, and insects.
- Layers are recommended to help regulate body temperature.
- Clothing should be named to avoid mix-ups.

### Clothing Guidelines by Season

#### All Year Round

- Waterproof jacket and waterproof trousers (preferred for all seasons).
- Long-sleeved top and long trousers (for warmth and protection from scratches and bites).
- Well-fitting footwear (see footwear policy below).
- Sun protection when appropriate (hat, sunscreen).
- Gloves (weather dependent – waterproof in winter, lightweight cotton in summer for protection).
- Hat suitable for the season: warm woolly/fleece hat in cold weather, wide-brimmed/sun hat in warm weather.

#### Autumn/Winter (Cold & Wet Conditions)

- Thermal base layers (top and leggings).
- Warm mid-layers (fleece/jumper).
- Waterproof outer layers (coat and trousers).
- Wool/fleece hat, scarf, or neck warmer.
- Waterproof, insulated gloves.
- Warm socks (preferably thermal or wool, avoid cotton as it holds moisture).

#### Spring/Summer (Warm & Sunny Conditions)

- Lightweight long-sleeved top and trousers for sun and insect protection.
- Breathable waterproofs in case of rain.
- Sun hat with brim or legionnaire's cap.
- Sunscreen applied before the session (and brought along if reapplication is needed).
- Lightweight gloves (optional, for protection when handling natural materials).

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## Footwear Policy

### Recommended:

- Suitable footwear includes:
- Wellies – for wet and muddy conditions.
- Trainers – for dry weather activities (must be sturdy with good grip).
- Socks only – Just socks may be worn if safe to do so
- Walking boots/sturdy shoes – strongly recommended for support and all-round protection.
- Thick socks – to be worn with wellies/boots (wool or thermal in cold weather).

### Unsuitable footwear includes:

- Open-toed shoes, sandals, flip flops, Crocs, or fashion shoes.
- Slipper-type footwear.

### Additional Notes

- Parents/carers should ensure children arrive in weather-appropriate clothing. Spare clothing should be provided (especially socks, gloves, and layers) as children may get wet or muddy.  
Staff will support children in managing layers and comfort throughout the session.

Policy created on 30.8.25

Next Review Date: February 2026

Signed by: Leon Mewes