

## Suitable clothing for winter weather

**“There's no such thing as bad weather, only unsuitable clothing.” - Alfred Wainwright (guidebook author and illustrator)**

With winter fast approaching it is important to ensure that both staff and children have access to the essential clothing they need to continue to enjoy the outdoors in all weathers.

Here are some top tips for keeping warm and dry whilst enjoying the winter weather:

- Remind parents that their children will still be spending time outdoors in winter and encourage them to send layers of clothes. Also, remember layers of clothes yourself as a practitioner. Jumpers, cardigans and thick warm coats can be taken off indoors but provide essential added layers of warmth which can be built up for different weather types
- Heat escapes wherever skin is exposed so wearing gloves, hats and scarves will help to keep everyone warm outdoors
- Snowsuits and waterproofs provide a protective layer on top of clothing keeping you warm and dry and come in both children and adult sizes
- Avoid denim where possible as this can be cold in winter and also takes longer to dry if it gets wet
- Be prepared! Ask parents to send spare clothing and build up a stock of essential spare clothes such as socks and trousers so that children can get changed into dry clothing if needed. It's always a good idea to have a set of spare clothing yourself as a practitioner
- Suitable footwear such as wellies or insulated boots with a good grip are best when it is slippery outside. Ask parents if they have any unused wellies they could donate so you always have spares.

