

Tips for being outdoors all day

You may be used to being outside often, but perhaps not so used to being outside in a woodland for the whole day. Here are a few tips that might help (also read the separate '**Keeping Warm Tips**' we sent you).

Kit list

- Rucksack
- Waterproof jacket and trousers
- Comfortable, rugged-soled boots & warm socks
- Layers of clothing
- Hat, scarf, gloves (especially if cold)
- Easy to eat food for lunch (in easy to open packaging in case your fingers are cold)
- Sustaining snacks for throughout the day (we call these 'safety snacks!')
- Water in a reusable bottle
- A hot drink in a flask
- Personal care items (medicines, sanitary products, sun/midge lotion etc).
- Your own note-taking and journalling kit

Bring a rucksack

- It's easier to carry! We will be taking everything we need for the day with us into the woods. There may be a reasonable walk to reach the site we are using, and there will definitely be additional equipment that we all need to help carry as a group. Having your kit in a rucksack on your back will be the best way to transport and store your personal resources for the day.
- Keep your kit dry. If your rucksack is not waterproof (as most aren't) it may come supplied with a removable waterproof rain cover. If it doesn't, consider putting things in a dry bag inside your rucksack. Or bring a bin bag to keep your rucksack in during the day.
- If your rucksack doesn't have pockets, put smaller items together in a bag inside to make them easier to find.

Stay dry

- There is a **big** difference between 'waterproof', 'water repellent' and 'shower-proof/water resistant' fabrics. It is worth bearing this in mind when choosing your outer jacket and/or trousers, especially if the weather is likely to be cold as well. A brief summary of the differences are:
 - *Waterproof*: means that the weave of the fabric makes it impenetrable to water, even under pressure (i.e. a persistent heavy downpour in driving wind!)
 - *Water repellent*: means that the fabric has had a coating applied to make it more difficult for water to get through
 - *Shower proof/water resistant*: means it will withstand a light shower of rain but will not keep you dry in more extreme weather
- You can 'reproof' fabrics if you are worried that your well-loved kit may leak - www.cotswoldoutdoor.com/the-knowledge/waterproof-care-guide.html

Taking notes during the sessions

- Plan for how you will take notes: Maybe you want to use a traditional notebook, with a plastic bag 'cover' for when it is wet. Or, if you prefer typing notes into your phone/tablet, then we recommend getting it a waterproof case. Whatever works best for you.
- Pencils: We may need you to use a pencil during some sessions. With Covid-19 in mind, it will be one less thing to share if you bring your own pencils (pens don't work in the wet or the cold!)
- A camera: You are welcome to take photographs - however, *please do not take videos* of any part of the sessions.

Meeting our needs

- We will have pop-up toilet tents in the woods, if people need to use them, and we will also have safe hand-washing facilities. There will also be tarpaulin shelters large enough for each group to shelter in a distanced way beneath, which we will be putting up together as part of our 'camp community building' each day.