

Be Prepared!

You and your class will be visiting Gypsy Wood Park on _____. Please use the list below to help you come prepared for your day out.

Clothing



Rain / Cold

- Hat and scarf
- Waterproof
- Several warm layers underneath
- Gloves or mittens
- Thick trousers to protect from the cold and prickly plants
- Wellington boots with warm socks
- Shoes to change into
- Extra socks in case of cold wet feet



Sun / Warm

- Sun hat and sunglasses
- Long sleeve T-shirt to protect arms
- Thin trousers
- Strong shoes or trainers
- Wellington boots

Equipment



- Rucksack
- Sun cream
- Plastic bag to sit on outside
- Notebook and pencil
- Medication – especially for asthma or hay fever

Food



- Packed lunch
- Small container of drink (not glass)