

## Being prepared for your time in the Woods !



### **Clothing**

Please wear appropriate clothing for the time of year, temperature, weather and spending all your time outside. Wear things that you don't mind getting dirty and muddy. It is always cooler in the woods in summer and sometimes warmer in the winter, so bring a few layers and a waterproof coat.

Essentials - long trousers (all year round)

- socks & sturdy footwear like walking boots or strong trainers - no open sandals

For young children it can be helpful to bring a change of clothes when the weather is wet or if they like to get muddy. We have various sizes of children's waterproofs to lend out and a few adults coats too.

### **Compost Toilet**

We have a compost loo which is kept clean and well stocked. There are instructions about how it works on the wall inside. There is a screened off pee-bale area next to the sit-down toilet for boys and men. Next to the toilet is a hand-wash area. Please can parents make sure their children understand how to use the sit-down area!

### **Camp Kitchen**

Our kitchen is the hub for camp-cooking, refreshments and snacks. With your help we keep hot water flasks topped up throughout a session so that hot drinks are always available. Sometimes we make agreements about what time we will have snacks or cook, so please be mindful of this. On days when we cook together there are proper processes in place to maintain food hygiene in line with the law. Please tie your hair back, wash your hands in the kitchen hand-wash area, wear an apron for food preparation and be guided by the staff leading the session.

### **Campfire**

On most days we light the campfire in the centre of the main camp. There is plenty of seating to help everyone find a smoke-free place to sit! There is always a red water bucket next to the fire for minor burns.

### **Ticks**

Woodlands inhabited by roe deer are also a good place for ticks. They are a very small creatures that are parasitic on deer and given the chance will latch onto people. They occasionally carry diseases that affect people, the most commonly known being Lyme disease.

We tend to have ticks from spring until it gets cold in the early winter. Prevention is the best route so cover up legs, tuck trousers into socks and tuck in t-shirts. We recommend and provide a DEET free insect repellent called 'Mosi-guard' which is suitable for children over 6-months. There are other products that are effective. We have tick removal tools and always ask adults and parents to take a leaflet home and carry out a tick-check when you leave the woods.

### **First Aid**

There is always at least one member of the team who is a qualified Outdoor First Aider.

**Any questions please ask us before the session or the Leader on the day.  
Jenny on 07541 080397 or Gavin on : 07760 665378**