

LAYER 4: Outer Shell Waterproof Layer

This layer needs to be **waterproof, breathable** and **allow for warmer layers** underneath. It could include a waterproof coat, dungarees/ salopettes, trousers or an all-in-one.



LAYER 5: Clothing for Extremities - Head, Hands and Feet

This layer includes hats, scarves, gloves or mittens as well as outdoor shoes, boots or wellies.



Disclaimer: Every setting's needs are different and so the recommendations in this resource may not be suitable for all settings. The examples used are not an exhaustive list and it is for you to consider whether it is appropriate to use this guidance within your setting.

Top Tips for Outdoor Clothing

- ▶ Sock awareness is key! Make sure socks are long enough to tuck trousers into and pack extra socks in a plastic bag.
- ▶ To avoid water running straight into boots, **ensure that waterproof trousers come down over the boot** and are not tucked into it.
- ▶ Waterproof gloves are the best for cold, wet days. On really cold days, why not **layer up with extra gloves**?
- ▶ Consider purchasing clothes in **brighter colours** so that **children can be seen** easily when outdoors.
- ▶ When heading outside for adventures, it is important that **adults also dress appropriately**, modelling to children the importance of suitable clothing.



A Guide to...

Dressing for the Outdoors

Adult Information Leaflet



Why Is Dressing for the Outdoors So Important?

Children (and adults) need to be **dry, warm and comfortable** when learning and playing outside, with clothing that **allows for lots of movement**. Outfits need to be **purposeful** and ready to get muddy and wet regularly!

Getting clothing right is so important for the **success and happiness of outdoor learning** and overall wellbeing of the child. This is a hard challenge, especially when the weather can change very quickly!

There are **many factors to consider** when choosing what children need to wear, including **their age**, the outside **temperature**, the **activity level**, children's **individual needs**, how individual children respond to **weather** and more.



The Key to Staying Warm

Using the **layering principle** is best so you can **adapt to changing weather conditions** as they arise. For example, on colder days, add more layers and on warmer or more active days, reduce the layers.

Your aim when using layers is to **keep temperatures even across the body**. **Trapping air** between the layers **will help provide warmth** to the body.



Top Tips...

Layers need to fit well. Clothes that don't fit children can be uncomfortable, cause potential trips and falls if too long and can let in the cold if they're too big.

Consider adding an **extra layer for babies** to wear as they generally don't move around as much when young.

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A Guide to Layering

LAYER 1: Base Layer (Ideal for warmer weather days)

This layer keeps **sweat off your skin** and keeps you **dry**. This layer includes close-fitting T-shirts, leggings and thin socks.

Children should have clothes that **cover their arms, shoulders and legs**. This will prevent scratches and stings as well as protecting them from the sun.



LAYER 2: Mid Layer

This layer provides warmth through **trapping your body heat**.

It sucks moisture away from your base layer so that it can evaporate.



LAYER 3: Insulation Layer

This layer provides **extra warmth** on very chilly days and needs to **allow for movement**, as well as **fitting over** the top of the **mid layer clothing**.

