

## **Forest School Overnight kit list**

It's much colder in the woodland at night than you might expect, even during the summer. Be prepared for wet and cold, that way you will stay warm and dry!

### **Essentials:**

3 season sleeping bag  
Sleeping mat  
Warm dry clothes to sleep in (stored in water proof bag)  
Spare clothes for day 2  
Torch with spare bulb and batteries/spare torch  
Full water proofs, coat and trousers  
Hat and gloves  
Warm clothing  
Plate, bowl, cutlery  
Wash kit  
Wellies or walking boots

### **Luxuries:**

Bivi bag  
Pillow  
Teddy bear