



Checklist for your Forest morning

- Look outside the window and check the weather forecast before you leave the house. Dress for the weather.
- Depending on the season, bring some extra layers to keep you warm or a sunhat and sunscreen to stay protected from the sun.
- Keep your tummy happy and bring a snack, a lunch and a full water bottle along in your backpack.
- Pack some extra cloth (especially socks).

