



Guidance leaflet:
Dressing for the outdoors
in cold & wet weather



Playing and learning outside
can be fun in all weathers as long as you have suitable clothing.
Being cold makes a once enjoyable activity a miserable experience!
Use our guidance leaflet to help you to stay safe and comfortable
whilst outside.

Dressing for cold or wet weather

Accessories: Extremities get cold very quickly and so these are essential. Hats with ear flaps are especially cosy. Neck gaiters are better than scarves as they can be pulled up over cold faces and they don't dangle into mud. Waterproof gloves are essential for the outdoors. Waterproof mittens are sometimes easier and warmer than gloves.



Body layers: Lots of thin layers are best as they can be added or removed as necessary. Consider a thermal base-layer, t-shirt and warm fleece under a coat. Depending on the weather a warm coat may be worn under a waterproof jacket. Non-waterproof coats become very cold once wet and so waterproof coats are essential. They also help to block out wind and protect your clothes from dirt.



Bottom Layers: Thermal leggings make a huge difference in cold temperatures. Layer over some fleece tracksuit bottoms. Waterproof trousers are essential to block out cold wind and rain. They will also protect your clothes from getting dirty.



Footwear: Fleece socks are a must in cold weather. Cold toes can be very painful. Wellies don't offer much insulation and so snow boots are the best choice in very cold weather.

