



## Birchwood Learning - Forest School Training Kit List

There are 3 different levels of OCN (Open College Network) accredited Forest School Training. Birchwood Learning runs these courses throughout the year at different locations. Each level has different course content but all levels of training will have outdoor components.

For all levels of Forest School Training you will need to bring:

Item	Notes	✓
Appropriate Outdoor Clothing	As the Scandinavians say 'there's no such thing as the wrong sort of weather, just the wrong sort of clothing!' We will be spending time in the woods and not necessarily physically moving all the time – it is amazing how much cooler it can be sitting under the canopy of woodland, so do bring enough clothing to be comfortable. In colder weather wearing lots layers of thinner clothes is warmer than fewer thicker ones. You may want to consider wearing thermals, leggings or tights under trousers. Remember that denim takes a long time to dry so jeans may get uncomfortable in wet weather. Remember warm hats, gloves and scarves too. In warmer weather light trousers (rather than shorts) are appropriate to protect legs against nettles/brambles/ticks etc, you may also wish to bring a sun hat, sun glasses and sun cream.	
Waterproof and windproof coat and trousers	The UK weather is unpredictable!	
Stout outdoor footwear	Such as walking shoes/boots. Wellies can get cold in winter and multiple pairs of socks may be needed.	
Indoor footwear or slippers (optional)	For comfort and to change into whilst indoors.	
Packed lunch and drink	Unless otherwise stated on course information. Hot drinks will be provided on all courses.	
Any personal medication required	Such as asthma inhalers, hayfever medication, epi-pen etc.	
Note book and pen/pencil (optional)	You will be given resources on a CD-rom or on paper handouts to support you. However many people like to take their own notes.	
Camera (optional)	Photos can be used as supporting evidence to meet criteria of the qualifications. Many people like to keep a photographic record of their work/activities.	
Insect repellent (optional)	Particularly in warmer months.	
Torch (in winter months)	Training finishes at 5pm so in winter it can be dark when finishing and walking to car parks etc.	

If you are undertaking an OCN Level 2 or 3 Forest School Training course you will also need a pair of Safety Boots. Safety boots are those with a steel or Kevlar toe cap and are indicated as safety wear with a CE mark. These are required as the training course involves using bladed tools and also possibly moving heavy items around the woodland. [www.safetybootsuk.co.uk](http://www.safetybootsuk.co.uk) have a wide range of styles and sizes.

You will be provided with all the equipment and resources you need for the training. Please do not bring your own tools.