

FIELD TRIP CLOTHING

Health and Safety

HOW WILL YOU FEEL?

DRY

WARM

COSY

COMFORTABLE

ATTENTIVE

FOCUSED

INTERESTED

ALERT

WANTING TO TAKE PART

RELAXED

INTREPID

SMUG

HAPPY

CONTENTED

Hat

Rucksack with a polythene bag liner

Warm Fleece and Waterproof Coat

Scarf

Gloves

Waterproof trousers with warm trousers underneath

Walking Boots or Wellingtons

