

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



FIELD TRIP CLOTHING

“There is no such thing as bad weather...only inappropriate clothing”

HOW WILL YOU FEEL?

- WET
- COLD
- EXPOSED
- UNCOMFORTABLE
- INATTENTIVE
- UNFOCUSED
- UNINTERESTED
- FED UP
- NOT WANTING TO TAKE PART
- AGITATED
- STUPID
- UNHAPPY
- DISCONTENTED
- GRUMPY

