

Wild Explorers!

Being prepared for your time in the Woods



Clothing

Please wear things you can get dirty, wet and muddy. Long trousers or leggings are essential because of brambles, insects and ticks. Sturdy footwear like wellies, closed toe shoes, walking boots or trainers - no open sandals. It is always cooler in the woods so bring a layers and a waterproof coat. For young children it can be helpful to bring a change of clothes when the weather is wet or if they like to get muddy - there is ALWAYS mud! (We have various sizes of children's waterproofs to lend out and a few adults coats too.)

Compost Toilet

We have two compost loos which are kept clean, There are instructions about how to use them - please put pee paper in the bins so we can burn it. Next to the toilet is a hand-wash area.

Food, Kitchen and Campfire

We provide hot drinks, squash and snacks. We will cook or make something simple on the campfire at each session too. Most days there will be a campfire.

Ticks and Lyme Disease

Woodlands inhabited by roe deer, squirrels, badgers and foxes which all carry ticks. These are tiny creatures that parasite mostly on deer and given the chance will latch onto people. and are hard to remove. Occasionally ticks also carry diseases that affect people, the most common being Lyme disease. This is still quite rare in the UK. We have ticks from spring until it gets cold in the early winter. Prevention is the best route so cover up legs, tuck trousers into socks and tuck in t-shirts. We provide a natural insect repellent called 'Mosi-guard', suitable for children over 6-months. We have tick removal tools and always ask adults and parents to take a leaflet home and carry out a tick-check when you leave the woods.

First Aid

There is always at least one member of the team who is a qualified Outdoor First Aider.

The Free Bus

A Knight Brothers minibus or coach picks up people in Taunton. The coach will always have Knight Brothers Travel on the side. There are three possible pick-up places:

- Priorswood Community Shops - car park near the Co-op (12.30pm or 10.00am)
- Brewers Fayre on the road by the entrance to the car park on Massingham Park. (12.40 pm or 10.10am)
- Roman Road - in the bus stop outside The Acorns Children Centre. (12.45pm/10.15am)

Any questions please ask us before the session or the Leader on the day.

Jenny on 07541 080397 or Sarah on : 07538 451150

