

Families in the Forest

Being prepared for your time in the Woods !



Clothing

Please wear appropriate clothing for the time of year, temperature, weather and spending all your time outside. Wear things that you don't mind getting dirty and muddy. It is always cooler in the woods so bring a layers and a waterproof coat. Essential - long trousers (all year round) - socks & sturdy footwear like wellies, walking boots or strong trainers - no open sandals. 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. We have various sizes of children's waterproofs to lend out and a few adults coats too.

Compost Toilet

We have compost loos which is kept clean and well stocked. There are instructions about how it works on the wall inside. There is a screened off pee-bale area next to the sit-down toilet for boys and men. Next to the toilet is a hand-wash area. Please can parents make sure their children understand how to use the sit-down area! Our new loo has baby change space.

Camp Kitchen

Our kitchen is the hub for camp-cooking, refreshments and snacks. With your help we keep hot water flasks topped up throughout a session so that hot drinks are always available. Sometimes we make agreements about what time we will have snacks or cook, so please be mindful of this. On days when we cook together there are processes in place to maintain food hygiene.

Campfire

On most days we light the campfire in the centre of the main camp. There is plenty of seating to help everyone find a smoke-free place to sit! There is always a water bucket next to the fire for minor burns.

Ticks

Woodlands inhabited by roe deer are a good place for ticks. They are a very small creatures that are parasitic on deer and given the chance will latch onto people. They occasionally carry diseases that affect people, the most common being Lyme disease. 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 minibus or 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 (10.25)
- Brewers Fayre on the road by the entrance to the car park on Massingham Park. (10.35)
- Roman Road - in the bus stop outside The Acorns Children Centre. (10.45)

Any questions please ask us before the session or the Leader on the day.
Jenny on 07541 080397 or Gavin on : 07760 665378