



## Your Forest Bathing+ Check List ✓

To get the most out of the session we need you to be able to stay warm and comfortable. The temperature in woodland is colder even in summer and we will be moving only slowly so it is easy for body temperatures to drop. **If you do not have suitable clothing your guide may decide it will not be safe for you to participate in the session.** This will be at the guides discretion and is for your safety and the safety of the group. If you have any questions or concerns please get in touch with your guide.

### BEFORE THE SESSION

- ☐ ASAP email your registration form to your guide (at least 24 hours before the event).

### WHAT TO WEAR

- ☐ **Plenty of layers of clothing** - so you can adapt to change in temperatures.
- ☐ **Always wear sturdy footwear** with good grip and ankle support (ideally waterproof).
- ☐ **Waterproof layers (top and bottom if you have them)** – woodland is often damp this will help keep you warm and dry. (NB if rain is forecast you may also wish to bring an umbrella).
- ☐ **Always wear long trousers and long sleeve tops** - to keep warm and protect from bites & stings etc. in warmer months.
- ☐ Spring/Autumn/Winter: bring **additional layers of clothing, and gloves, scarf and hat**
- ☐ Summer: also consider **sunhat and sunscreen**.
- ☐ As some of the exercises will involve the sense of smell, please **do not wear strongly perfumed cosmetics/perfumes**. These can prevent you and others from tuning in to the more subtle natural scents.

### WHAT TO BRING

- ☐ **A picnic mat / groundsheet or similar** for sitting on the ground (a large bin bag will do the job if needed) – alternatively a small folding chair if more appropriate for you.
- ☐ In cooler temperatures (e.g. below 8 degrees) you may also wish to bring **hand warmers, a small hot water bottle, and/or a blanket** for our relaxation exercise.
- ☐ Any necessary **medication** as well as **hand sanitiser** and **tissues**.
- ☐ **Anything else you think you might need to feel comfortable** for the session.
- ☐ **A rucksack** or similar, to carry your belongings and leave your hands free to explore.
- ☐ **Cash/card** to pay for parking if required at the location.