



[www.boxmoortrust.org.uk](http://www.boxmoortrust.org.uk)

The Box Moor Trust  
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Dear Children

We're really looking forward to your visit to us at the Box Moor Trust.

We're so lucky to have lots of outdoor places to explore: bumpy old farm tracks, muddy paths, deep dark woods and grassy meadows. We can't wait to share them with you!

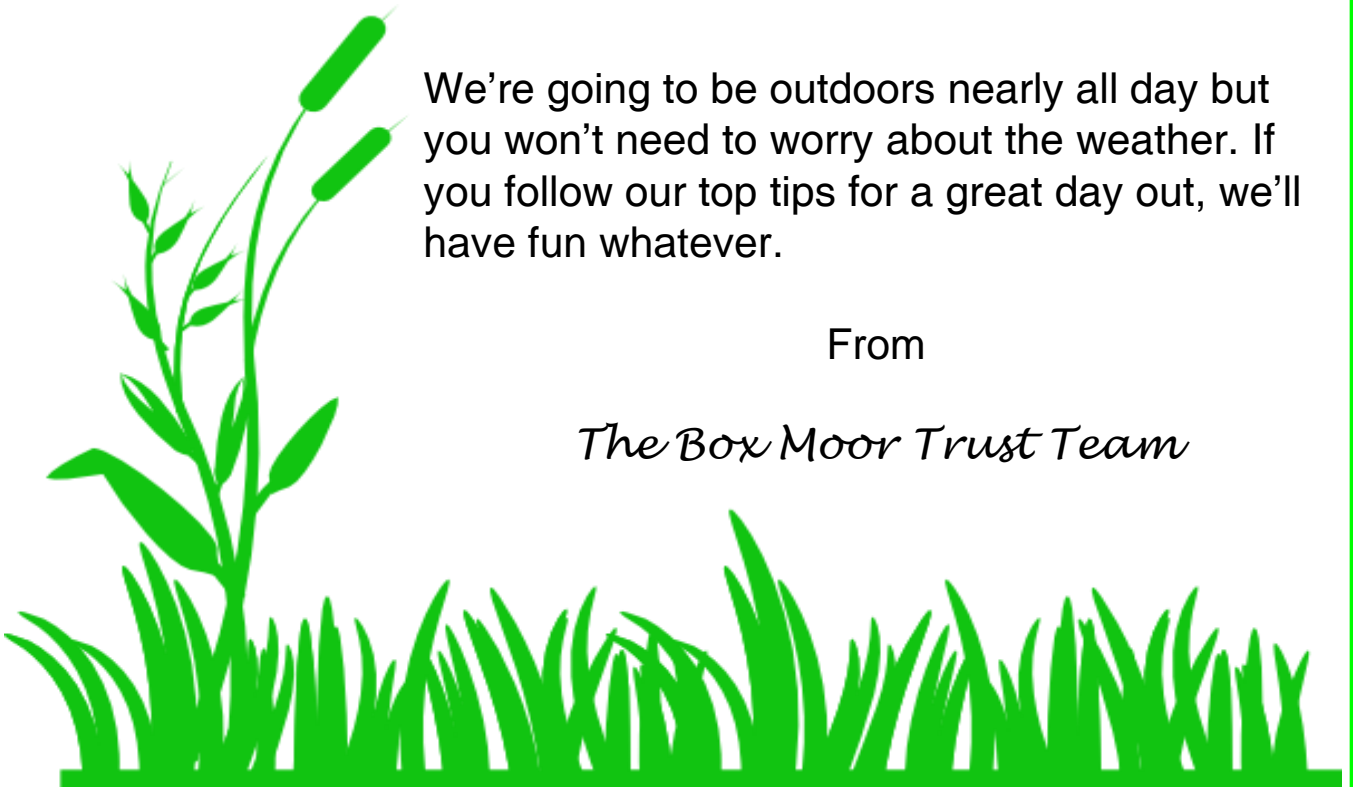


Sometimes a good day out can be ruined if you're unprepared. Being wet and cold can make you miserable. To make sure this doesn't happen to you, make sure you wear warm clothes, a waterproof coat and wellies or walking boots.

We're going to be outdoors nearly all day but you won't need to worry about the weather. If you follow our top tips for a great day out, we'll have fun whatever.

From

*The Box Moor Trust Team*



# Top Tips for a Great Day Out

Don't let the weather ruin your fun!



The Box Moor Trust

## Mud!

We have lots of it!

The ground is rough and muddy so wear strong shoes or boots. Bring a spare pair of clean shoes to wear going home.



Itch, prickle, sting! We have an amazing variety of plants.

## Things that sting!

Wear long trousers to protect from plants like me!



It can get a bit windy and exciting at the top of our hill.



## Wind!

Wind can make us feel cold, even on a sunny day, so make sure you have a warm jumper with you.



## Rain!

The weather can change quickly. Don't assume it won't rain, pack your mac!

Bring a waterproof coat, just in case.



## Sunshine!

Bring a bottle of water for break time.



To protect your skin from sunburn, cover up with long sleeves and trousers, wear a hat and put on some sun cream!

