

## What do we wear?

While at Forest Valley, students learn outside in all types of weather. Please remind students (and adult volunteers) to dress for the weather and be prepared for active participation (this includes wearing appropriate footwear). We have a variety of warm clothing, boots, hats and mittens that can be loaned to participants as required.

Wearing long pants and long-sleeved shirts protect against UV rays, mosquitoes ([West Nile virus](#)) and deer ticks ([Lyme disease](#)). Your experience at Forest Valley will involve being outside so it is important, for your safety and enjoyment, to dress appropriately.

The PDF's below can be printed and sent home with students prior to your trip.

### [Dressing for the weather](#)

En Francais:

### [Se Habiller Pour Le Temps](#)

