

ESSENTIAL READING - SAFETY

- 1 The number one thing is to be properly clothed for the woods. Lurking under leaves and grasses lie some dangerous insects and even snakes. Snakes, however, tend to be shy creatures and will generally stay away from humans.
- 2 Lyme disease can be a serious condition spread by ticks. The ticks are only harmful if they have already bitten another animal, however, if you do get Lyme disease it can put you out of action for months. <https://www.nhs.uk/conditions/lyme-disease/> It is essential to wear protective clothing, tucking trousers into socks and spraying insect repellent on your skin and clothing.
- 3 Be able to recognise poisonous plants, see <https://www.woodlandtrust.org.uk/blog/2019/02/uk-poisonous-plants/> Apply hand sanitizer if you touch them.
- 4 Clothing – trousers, boots, long socks and wellies. If you are wearing a t-shirt make sure you have put insect repellent on.
- 5 Ruck sack – put all your kit in a ruck sack so your hands are free for getting through the woods.
- 6 Weather – head out on a sunny day. It is no fun making art in wind and heavy rain. Windy conditions cause branches to fall so make sure you look up before sitting down under a tree. Remember that heavy rainfall the night before can turn tiny streams into raging rivers!
- 7 Cushions – make your own outdoor cushion by filing a plastic bag with newspapers and taping around it with Sellotape. Bags for life are good for this rather than the more flimsy varieties.
- 8 Water and food – Always carry water and a snack.
- 9 Company – Go with a friend, parent or sibling. A dog also makes excellent company.
- 10 Contact and time keeping – Take a mobile phone and a watch.

Why is this friend not prepared for the woods?

