



North Tyneside Council

Rising Sun Country Park Education Service



What to Wear– Winter

Warm
hat

Warm and waterproof
coat that can get muddy



Gloves

You will need lots of layers to keep warm. Don't buy anything new, just wear lots of what you already have. We suggest wearing a t-shirt, long sleeved top, thick jumper and warm coat on your top half and joggers/leggings that are getting too small under a pair that fits on your legs. It's better to be too hot and have to take things off, than to be cold.

Wellies or sturdy, warm and waterproof boots with two pairs of socks (the thicker the better)

Waterproof trousers or salopettes if you have them