## Wildwood Outdoor Education Centre Wildwood Conservation Area







# What to wear, what to wear!?

All of our programs are held outdoors so come prepared! Being dressed for the weather is key to everyone's comfort, enthusiasm and learning! Dressing in layers allows you to adjust to varying temperatures and conditions in the forest. We also recommend wearing long pants and a hat.

#### **Litterless Lunch**

Please consider the environment and make it a litterless lunch. That means encouraging the use of reusable lunch bags, snack containers and drink containers. We also ask that you 'pack it back' taking all garbage home.

#### **Bug Spray**

What has antlers and sucks blood? A moose-quito! Yikes ... good thing these aren't found at Wildwood! But we do have mosquitoes so you may want to bring bug spray.

#### **Washrooms & Snack Breaks**

Please let us know prior to the beginning of the program if you wish to have a washroom and/or snack break for your students.

### Medical & Mobility Concerns

Community Education staff have First Aid and CPR training, carry a cell phone and a well-equipped first aid kit. To ensure everyone's safety please inform us of any medical condition (including severe allergies) or mobility issues. An all-terrain wheelchair is available.

#### Footwear

Remember, our programs are held in the forest so for safety, closed-toed shoes (running shoes) are required (no sandals or crocs please). Rubber boots are not necessary but may be brought as alternate footwear for any of our stream programs.

UPPER THAMES RIVER