

## The Secret Garden Kit List

### Winter days

- **Footwear:** Please ensure that wellington boots are fleece or neoprene lined - essential for warm dry toes in the winter!



One or two pairs of thermal socks will help to keep toes warm. Welly socks over the top of thermals can also ensure that ankles don't get exposed to winter chill. (Please note that cotton socks don't provide an adequate level of warmth – thermals are essential in the cold weather.)

- Thermal base layer with long sleeves and trousers. Check out Funky Rascals in Cupar, or on-line at [www.Funkyrascals.co.uk](http://www.Funkyrascals.co.uk) or Little Trekkers [www.littletrekkers.co.uk](http://www.littletrekkers.co.uk) Trespass shops also have children's thermals, as do Marks and Spencers, and any number of ski-wear shops on-line.



- **On body:** at least 2 more layers with long sleeves, last one a warm fleece or wool jumper
- **On legs:** cosy trousers, or 2 layers of lighter trousers.

**The above is based on the final layers being simply waterproof. If the final outer waterproof layer has additional fleece or padding please adjust clothes accordingly. It is well to note that some ski-type jackets are not fully waterproof! We need 100% waterproof clothes for Secret Gardeners.**

- **Final layer:** water proof dungaree or trousers. Dungarees are good for keeping children 'together', no cold tummy, but have a disadvantage for some children when it comes to toileting. We encourage the children to help each other get the dungarees up their back and get clips over shoulders to clip up by themselves – lots of good fine motor co-ordination skills!!  
Waterproof trousers offer greater ease for toileting but please ensure they have an effective elasticated waist: Raindrops and Muddy Puddles trousers seem perfect.

When buying be aware that it's better to have a size too big than the 'just perfect' as there needs to be freedom for movement of legs and hips. There's nothing more annoying for a child than being prevented from climbing a tree because they can't get their knee high enough due to tight waterproof gear!

**Raindrops offer 20% discount to Secret Gardeners.**



<http://www.raindrops.co.uk/>



<http://www.muddypuddles.com>



<http://www.togz.uk.com/>

And locally we have our own Illasco factory shop in Glenrothes full of excellent gear for children and adults, check out the practitioners jackets. You can call them for opening times on 01592 771241 and find them on:

Nasmyth Road  
Southfield Industrial Estate  
Glenrothes  
Fife  
KY6 2SD

[www.keela.co.uk](http://www.keela.co.uk)



***These are just a few recommendations. If you find an item or company that you'd like to recommend to current or prospective families please let us know.***

### **Warmer days**

At the beginning of the spring days the weather can be swiftly changeable so better to be over dressed and able to peel layers off. Once we start seriously taking the layers off trousers are still preferable to shorts due to nettles and

'jaggy' things – brambles and thistles! Shoes rather than sandals are more appropriate.

Come the summer we'd still like children to carry waterproofs in their rucksacks as it may be a beautiful day but the rain can surprise us and in the woods the ground may still be wet and muddy. Some children can be really put off by damp legs and bottoms!