

Choosing Appropriate Clothing

	Coat	Coat or thick jacket	Light jacket or hoodie	Very light jacket if raining
	Hat/scarf/gloves Trousers Long sleeve top Jumper Boots Trainers Thick socks	Trousers Jumper Long sleeve top T-shirt under jacket Trainers Socks	Trousers T-shirt Long sleeve top Shorts Trainers Flip flops Socks if wearing trainers	Shorts T-shirt Tank top Hat Sunglasses Trainers Flip flops Socks if wearing trainers

Look outside and check temperature on phone before putting clothes on



Minus to 10 degrees

10 to 15 degrees

15 to 20 degrees

25+ degrees