Choosing Appropriate Clothing

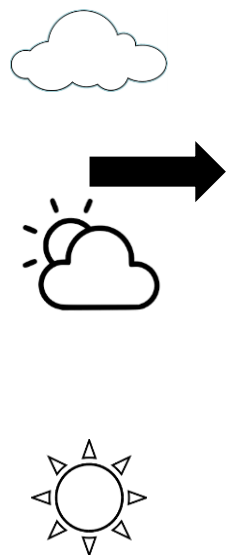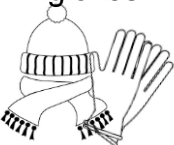AutismNI
Northern Ireland's Autism Charity
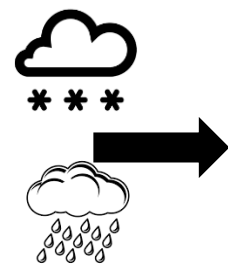
Coat ☂	Coat or thick jacket ☂	Light jacket or hoodie ☂	Very light jacket if raining ☂

Hat/socks/gloves	Trousers	Trousers	Jumper	Trousers	T-shirt	Shorts	T-shirt
Long sleeve top	Jumper	Long sleeve top	T-shirt under jacket	Long sleeve top	Shorts	Tank top	Hat
Boots	Trainers					Sunglasses	
		Trainers		Trainers	Flip flops	Trainers	Flip flops
Thick socks		Socks		Socks if wearing trainers		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