









. If a group is visiting and we are collaborating in delivery, it may be helpful for group leaders to have a planning meeting to 'contract' an approach to leadership appropriate to the group and the needs of the organisation. Experience and research show that time spent planning a shared approach to leadership of groups, particularly in the outdoor context, can have multiple benefits. This might take the form of agreeing approaches to supporting participants, the approach to 'ground rules' or balance of learner/leader led activities.

for different purposes



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The following section is only applicable to groups that have had prior agreement to lead these activities with groups.









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Don't buy fancy expensive outdoor clothes: sport clothes work well, as does workwear, or just old stuff.

Do get some cheap wellies and thick socks or invest in some decent boots. Fabric trainers and 'cool' pumps etc get wet, cold and wrecked.

DO dress as though it is colder than it feels on your doorstep in the morning. A long day in the woods can be demanding if you are not feeling cosy.





