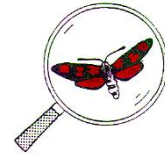
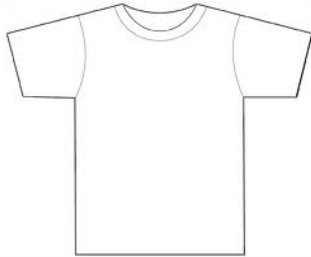


# How to be a well-dressed visitor to Teesmouth Field Centre



1. First put on a t-shirt or polo shirt



2. Then put on a jumper or sweatshirt



3. Put a spare jumper or sweatshirt in  
your bag.



5. Put on a fleece and waterproof coat or  
a thick winter coat.



5. Wear warm trousers or jogging  
bottoms NOT jeans.



6. Bring a spare pair of socks in your bag.



7. Wear wellies or old shoes or old  
trainers.



8. Bring a sun hat and sun cream.

