Outdoor Discovery Camps What-to-Bring Sheet

Before you leave home

☐ Complete Permission/Medical forms and media release
☐ A good night's sleep and a good breakfast!

What to wear

☐ shorts or long pants, as preferred
☐ t-shirt or tank top
☐ socks
☐ sneakers, day-hikers or sturdy closed-toe shoes—no Crocs or Flip-Flops!
☐ sunscreen (PLEASE APPLY BEFORE CAMP)
☐ insect repellent (PLEASE APPLY BEFORE CAMP)
☐ **smiles!**

What to pack each day

☐ water bottle
☐ towel
☐ hat
☐ rain gear (no umbrellas)
☐ backup change of clothing
☐ medication, clearly labeled with name and instructions, bagged and left with camp staff
☐ lunch, if you are staying all day. IMPORTANT: Pack your lunch so that it can be removed from the backpack for separate storage away from critters. Note that we will be sending your trash back in the lunch bags.
☐ *about snack:* We don't designate a regular snack time with our busy schedule. But you are welcome to pack a little something extra in case. It should be in a critter-proof container.
☐ **enthusiasm!**

Pro TIP: Label your gear with name or initials!

What NOT to bring

☐ electronic devices
☐ trading cards or other collectibles
☐ valuables
☐ **cares and worries!**

When you get back home

☐ Wash up, change your clothes, check for hitchhikers (See "Happy & Healthy" sheet)
☐ Rest up to be ready for more fun!

*** PICK-UP PERSONS: Please bring photo ID. Pick-up persons should be named on your forms.**

HAPPY & HEALTHY

in the great outdoors…

Audubon Society OF WESTERN PENNSYLVANIA

Spending time in the outdoors is not only enjoyable and educational, but also adds to our sense of well-being and creates a connection to nature. Make your outdoor time healthy and happy by using the following best practices. These links are a good source of info:
For Poison Ivy: https://www.fda.gov/consumers/consumer-updates/outsmarting-poison-ivy-and-other-poisonous-plants
For Ticks: https://www.cdc.gov/lyme/prev/on_people.html

CLOTHING—DRESS APPROPRIATELY

Summer is shorts weather, but they are less effective at preventing ticks and poison ivy. Lightweight long pants offer more protection, but either way CHANGE, WASH and CHECK after being outdoors. Change and launder clothes after being out in the field. This will help to remove any poison ivy oils and ticks.

REPELLENTS

These should be applied ahead of time. Visit the CDC link above for a list of approved products. Be sure to follow label directions and precautions.

CHECK YOURSELF

The best defense! You should shower and wash your hair after being in the field. This will help guard against poison ivy as well. Ticks are arthropods that attach themselves to your skin. It takes them a while to do this, so campers should check themselves each day. Attached ticks should be removed with tweezers by grasping the head and gently pulling. Specialized "tick keys" are also widely available. Certain species carry Lyme and other diseases. Contact your physician with questions, especially if a rash, fever, joint pain or symptoms of illness appear. For more complete info, visit the CDC website.

Please apply any repellents or sunscreens prior to drop-off.