



Audubon Nature Camps

What-to-Bring Sheet

Before you leave home

- Complete Permission/Medical forms; Bring on the first day
- PICK-UP PERSONS:** Please bring photo ID. List these authorized persons on your forms.
- 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
- hat
- small towel
- rain gear (no umbrellas)
- backup complete change of clothing, including shoes
- 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. You may still 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 or money
- 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!

Happy & Healthy

in the great outdoors...



Spending time 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: [Outsmarting Poison Ivy and Other Poisonous Plants \(US FDA\) web page](#)

For Ticks: [Lyme Prevention Fact Sheet from the CDC \(PDF\)](#)

CLOTHING—DRESS APPROPRIATELY

Summer is shorts weather, but shorts are less effective at preventing ticks and poison ivy. Lightweight long pants offer more protection. Light-colored clothing is easier to spot ticks. Change and wash clothing after being outdoors. Ticks can crawl on clothing for some time before finding a spot.

REPELLENTS

These should be applied ahead of time. [Visit the CDC link above for a list of recommended repellents](#), including some natural oils. Consider permethrin-treated clothing; it does not require direct skin application and can last multiple washings. Be sure to follow label directions and precautions.

CHANGE, WASH AND CHECK

This is the best defense, regardless of repellants and clothing. You should bathe 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. Attached ticks should be removed immediately 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 linked above.

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