Preparing for Your Field Trip

You are going to be visiting a Scenic Hudson park on ____________, below is a list of things to help you get ready for your field trip. If you have any questions or concerns, please let me know.

1. Water:
   Make sure to bring enough water for the day. While it is good to have cold water, it is advised not to bring completely frozen water bottles.

2. Trash:
   We are going to be environmentally responsible and practice leave no trace ethics. Scenic Hudson parks are carry-in carry-out, meaning that whatever food or packaging we bring with us, we will bring back and dispose of at school. Please take this into consideration while packing for the day.

3. Footwear:
   Paths and trails at Scenic Hudson parks change with the weather conditions. They can range from muddy to dusty and dry. Some trails are steep and rocky, make sure to wear good, sturdy walking shoes. Closed toe shoes are advised.

4. Clothing:
   Check the weather before you leave the house. If there is a chance of rain, bring a raincoat. When exploring the outdoors, layers are always a good idea to adapt to changing weather conditions. You will be outside, so wear clothes you don’t mind getting dirty.

5. Poison Ivy and Ticks:
   Anytime you go outside you have a chance of running into unfriendly inhabitants. To minimize the chance of getting into ticks and poison ivy, stay on the designated paths. To decrease the risk of contact with poison ivy and ticks, wear long pants. Remember, do a tick-check at the end of the day!

6. Sun/Bug Protection:
   If it’s going to be sunny or if you are worried about bug, put on sunscreen or bug spray before you leave the house. None will be provided. A hat is always a good way to protect your face from sun.

7. Stuff:
   Remember, you are going to be responsible for carrying and keeping track of all your belongings, so only pack things that are necessary. We are going to enjoy being outside, so leave your cell phones behind!

8. On the Trip:
   On the trip we will hopefully encounter a lot of exciting plants and wildlife. To give us the best chance of seeing animals, be as quiet as possible. Animals have good hearing and if we are loud, they are likely to run and hide before we get close enough to see them.