



Student & Parent Preparation for LCCB Field Days

Your field trip is scheduled for _____.

Below is a list to help you prepare your child for their field trip with Lee County Conservation Board.

Dress: Dress for the weather, which may change at any time. **Layers work best!** Layers will keep you warmer in cold weather and you can always remove some if it gets hot. Please remember to bring a sweatshirt or jacket, as many areas of the park are well shaded and cooler in the mornings.

Have your child **wear long pants and a hat**. This will help with the tick alert noted below. Since most of the day will be spent in the woods or taller grass; pants will help protect them from scratches and weather changes. **Dress in clothes and shoes that can get dirty and muddy.** Shoes should be comfortable for hiking. For your safety please no sandals or croc-like footwear.

Specifics for certain grades:

3rd Grade: Please bring a backpack to carry your lunch and bring an extra bottle of water. You will be hiking all day at Shimek State Forest.

5th Grade (or 4th Grade, if your trip is at Heron Bend Conservation Area)

Wear old footwear (no sandals) or waterproof rubber boots that can get wet and muddy. Parents please send along dry socks, shoes, clothing, and a plastic bag to put wet items in.

Behavior Expectations: This is still a school day and you will be expected to conduct yourself accordingly. You will be outside having fun and exploring, but you still need to follow instructions.

While at the park, be considerate of park itself and the plants and animals that live there. **Everything that is alive at the park, must stay alive, and stay at the park.** There may be items that you are allowed to take home that are nonliving with LCCB staff and your teachers permission.

Tick Alert: All of the field day areas are likely to have ticks. We will remind you to check for ticks throughout the day and when you get home. See attached sheet for more information.

Food: Try to eat a good breakfast. Bring a nutritious lunch. Remember, we will be eating outside. Keep in mind that insects are attracted to sugary items. Beverages should be brought in a container that you can reseal, in case you don't drink it all. You will be active throughout the day, so you might want to bring an extra snack. **Remember if you are going to Shimek State Forest, there is no water facet, so please pack an extra water.**