

# Field Trip Check List

When visiting the Albany Pine Bush Preserve, it is important to come appropriately dressed for hiking outdoors.



## What To Wear

- ◇ Dress for the weather!
- ◇ Coat
- ◇ Light-colored long pants
- ◇ Long socks that can be pulled up over pant legs
- ◇ Long sleeve shirt with short sleeve underneath
- ◇ Hat and gloves
- ◇ Sturdy walking shoes or boots (if snow)

## What To Bring

- ◇ Water
- ◇ Sunscreen
- ◇ Bug spray



Due to the presence of deer ticks & tick born illnesses in the Albany Pine Bush Preserve, it is advised that students tuck their pant legs into their socks.

**Shorts and sandals are not appropriate.**

We hope you enjoy your visit to the Albany Pine Bush Preserve!