

# Rachel Carson Centennial

## *Field Trip Checklist*

### **Field Trip Checklist**

Field trips can provide a wonderful opportunity for students to learn more about the wildlife and environment in their backyard. The following are recommendations to ensure a successful and enjoyable field trip for both you and your students. Be sure to review the items below with your students before your field trip.

### **Proper Clothing**

Hats, long pants, socks and comfortable walking/hiking shoes.

### **Other Equipment**

Sun block, insect repellent, water bottles.

### **Mosquitos, Ticks and Other Insects**

Wearing insect repellent, a hat and tucking your pant legs into your socks will keep ticks on the outside of your clothing. At the end of your field trip, have students check themselves for ticks and other insects before boarding the bus. Insect repellent, long pants, hats, and lightweight long sleeve shirts are all good ways to limit exposure to mosquitos.

Before the field trip, find out if any students are allergic to bee stings and, if so, make sure medications are provided by the parents and, when necessary, appropriately administered.

### **Snakes and Other Wildlife**

Typically, snakes, along with most other animals, would prefer not to have contact with you or your students. If you do encounter a snake or other wildlife, do not panic. Give the animal plenty of room and a way to escape. Healthy respect for snakes, and all wildlife, is a good example to set for your students.

### **Planning Your Field Trip**

- \_\_\_ 1. Contact the refuge to arrange for your class visit.
- \_\_\_ 2. Familiarize yourself with refuge trails, policies and resource information.
- \_\_\_ 3. Prepare students for the field trip using one of the lessons included or by creating your own. Remind students that while this trip will be fun, school rules still apply.
- \_\_\_ 4. Plan your field trip. Consider time constraints, location, academic standards to be addressed, lessons, and small group work. Include a back-up plan in the event of rain.
- \_\_\_ 5. Plan for a safe trip. Investigate student allergies and other medical needs. Include a first aid kit on your trip.
- \_\_\_ 6. Arrange transportation.
- \_\_\_ 7. Recruit and prepare adult volunteers. Ideally, volunteers should be willing and comfortable assisting with teaching during the field trip. A good ratio of adults to students is 1:5. Be sure to share your field trip plan with the volunteers before the day of the trip.
- \_\_\_ 8. Remind students and volunteers to dress for the weather and to wear clothes and shoes they don't mind getting wet or dirty.
- \_\_\_ 9. Don't forget lunch! Bring trash bags to carry lunch trash back to the school.
- \_\_\_ 10. Plan for fun. Being outdoors is a great experience with something around every corner.
- \_\_\_ 11. Have a clear signal for getting everyone's attention and gathering students together. Practice before you go outside.
- \_\_\_ 12. Explain to the children that if they get separated from the group, they should sit down and wait. Someone will come and look for them.
- \_\_\_ 13. Discuss safety. If you will be near water, explain the potential hazards. If you will be walking in the hot sun, make sure there is drinking water and sunscreen for everyone.
- \_\_\_ 14. Remember to consider the physical comfort of the students.
- \_\_\_ 15. Set boundaries for students whenever you are conducting an outdoor activity in a large area.
- \_\_\_ 16. Discuss behavioral expectations
- \_\_\_ 17. Remind students how to identify poison ivy— "Leaves of three, let it be." If possible, point this out to the students at the beginning of the field trip. Suggest students take showers and wash clothes in hot water upon returning home.