

## Suggestions for Self-Guided Trips to the Arnold Arboretum

We have found the following suggestions very helpful for a successful experience with children at the Arboretum.

1. Proper clothing includes closed toe, comfortable shoes, long pants and socks to pull over pants – no skin exposed. Review our page about [ticks](#).
2. Bring water.
3. Adults can carry a backpack containing:
  - Coloring materials and paper for making observational drawings. If students have science journals, bring them to record learning.
  - Tape to affix **found** plant material to paper next to drawing.
  - Tupperware or plastic bags for collecting **found** material of interest.
  - Bug boxes/magnifying viewers/hand lenses for close observation of small animals and plant material.
  - Binoculars for observing birds, trees, across the ponds, etc.
  - Field guides
  - Activity sheets or other visual organizers for recording learning.
  - Printed [map](#) of the Arboretum
4. Bring a waterproof tarp or mat for sitting on while visiting the grounds. An easy, inexpensive and large mat is a vinyl picnic tablecloth (the kind with flannel on the back.)
5. All group leaders should have a basic first aid kit containing assorted bandages, gauze, adhesive tape, antiseptic wipes, insect bite ointment, Neosporin or other antibiotic ointment for scratches, 2 pairs non-latex gloves, and hand sanitizer.
  - Don't forget individual child medications, such as Epi-Pens
6. Make sure all adults know the plan for the field trip: where and when to meet up at the end, and carry cell phones in case of emergency.