

Preparing for a **Kids 'n Nature** program at Presqu'ile Provincial Park



WHAT TO BRING

Please come prepared to be **outside ALL day**, rain or shine.

Below are some suggestions:

- **Comfortable, closed-toe shoes** - no sandals or high heels
- **Clothes that are allowed to get dirty**
- **Long pants and long-sleeved shirt** – to protect against insects and sharp vegetation
- **Rubber boots:** highly recommended if you are visiting the Marsh Boardwalk, as they will prevent the inevitable wet feet that kids will get when they walk along the water's edge. Jobs' Woods Trail can also get very wet.
- **Extra socks, pants and shoes** will keep kids comfortable the rest of the day if they get wet or muddy
- **Raincoat & splash pants** on a rainy day
- **Hat** – to protect against the sun, rain and insects
- **Sunscreen** (apply at home beforehand as well)
- **Insect repellent**
- **Plastic bag** for wet or dirty clothes or footwear
- **Drinking water**
- **Extra, nutritious snacks** – being outside makes kids hungry!
- No electronics, please

INSTRUCTIONS

While at the park, students, teachers and volunteers are requested to:

- Stay on the trails – avoid walking through long grass
- Not remove any natural objects from the park – e.g. rocks, fossils, plants, wildlife
- Not pick any plants
- Not disturb the wildlife
- Not litter – put recycling and garbage in appropriate containers
- Respect other park users

SAFETY

Our staff is careful to help visitors avoid Poison Ivy and ticks, two hazards that can be encountered at Presqu'ile. The best approach is to stay on trails and out of long grass. After visiting the park, do a tick check, bathe, wash clothing and put clothing in a hot clothes dryer. For more information on Poison Ivy and ticks, please consult these resources:

www.omafra.gov.on.ca/english/crops/facts/99-015.htm

www.ontario.ca/page/lyme-disease

Questions? Email us at kidsn.nature@friendsofpresquile.on.ca
or call 613-475-1688 ext. 3

Kids' n Nature School Outreach and Summer Day Camp programs
are funded by the Friends of Presqu'ile Park.

For more information, visit www.friendsofpresquile.on.ca