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## Summer Nature Program Procedures

### Weather Related Information

All summer nature program activities are held rain or shine. If there is dangerous weather, adjustments will be made for the safety of participants and staff. If you have a question about weather-related early dismissals or schedule changes, please call The Wetlands Institute at (609) 368-1211 to find out full details.

### Pick Up and Drop Off Procedure

Pick up and drop off times can be confusing with all the program participants and public in the same area. To help alleviate some of that confusion, when picking up and/or dropping off your child, please make sure your child's summer nature program instructor is aware of your actions. In order to limit disruptions, please wait until all summer nature program activities have finished. If special arrangements need to be made for early afternoon pick up or late morning drop off, or if your child is leaving with someone other than usual, please let us know in writing.

All activities will occur on site at The Wetlands Institute. Unless otherwise instructed to do so by a member of The Wetlands Institute staff, please plan on picking up and dropping off participants at The Wetlands Institute at the start and end of each day.

## What to Bring and How to Prepare

A prepared child makes for one very happy participant! Listed below are several steps that you can take to make sure that your child has the best possible experience while attending our programs.

- Wearing old clothes is best! The week's activities are most fun when approached hands on. Children will probably get messy and quite possibly muddy and/or wet. Children will do activities that could involve paint and markers. Please dress your child appropriately.
- Foot protection is essential throughout the week, even in the water, due to jagged shells and rocks. Most water shoes do not provide adequate protection and flip-flops do not stay on little feet in water or mud. Sports sandals (a waterproof sandal with straps) or old submersible sneakers are most effective. Occasionally shoes are lost in the marsh mud! Please do not send your child in new or expensive shoes.
- Please watch the weather. Cool or rainy weather might warrant a light jacket; hot sunny weather will necessitate sunblock, a hat, and/or extra clothing for protection. Please send the appropriate clothing with your child each day.
- We recommend the use of sunblock **every day** and extra can be packed for reapplication. Bug spray can be used according to your choice.
- **Children age 4 do not need to bring a lunch.** They will be provided with a mid-morning snack.



- **Children ages 5–13 should bring their own sack lunch or reusable, waterproof container. Please make sure to write the child’s name on their lunch.** We store lunches in coolers on hot days and bulky lunch boxes do not fit easily. There will always be plenty of water available for drinking and reusable water bottles are encouraged.
- Ticks are an ongoing problem anywhere in New Jersey and can be found almost anywhere out-of-doors. We will make every effort to minimize this danger; however, there can be no guarantee that a participant will not pick up a tick. Checking for ticks should be an ongoing daily routine when children have been outside. Authorities believe that ticks need 24 hours to imbed before they can convey Lyme disease, so carefully checking your child each night can avoid this problem. Please let me know if you would like more information about ticks and tick-borne illness.



## Take the WASTE FREE Lunch Challenge!

### Fridge Packing Reminder

YES, Please!	NO, Please AVOID!
REUSABLE LUNCH CONTAINER	paper or plastic bags
REUSABLE CONTAINER (Tupperware-type)	plastic wrap, foil, waxed paper or styrofoam
REUSABLE DRINK BOTTLE or THERMOS	single-use containers
REUSABLE STRAW Stainless steel, bamboo, paper, etc.	plastic straws
CLOTH NAPKIN to wash and re-use	paper napkins
CUTLERY/SILVERWARE to wash and re-use	plastic forks, knives, & spoons
HEALTHY SNACKS!	over-packaged snacks and chips

# ReTHINK!



**Get ready to enjoy the shore! We are going to have a great week!**