

Becoming the Animal - What to Bring

Daily Packing List

- One hearty snack. A packed lunch is not required. However, your child is welcome to bring a packed lunch and eat it while waiting for pick-up. We ask that you refrain from packing any peanut products.
- Wear **weather appropriate clothing and closed toe shoes.**
- Extras to Pack:
 - Towel
 - Full Change of clothing, including socks
 - Rain jacket
 - Long sleeve shirt
 - Water shoes, crocs, rain boots, or an old pair of sneakers for creek exploration
- Hat
- A full, reusable water bottle (labeled w/ name)
- Apply bug spray and sunblock
- Gardening gloves
- Medicine along with the medication form if medication is to be taken or carried

***Make sure bags, backpacks, water bottles, and personal items are labeled with your child's name and phone number.

What to leave at home:

- Electronics (iPods, cell phones, games, etc.)
- Toys
- Pocket knives
- Matches or lighters
- Jewelry that could be lost



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Available Facilities & Precautions

- HFC is equipped with a refrigerator and microwave for student lunches.
- HFC's current restroom facilities are portable toilets. Please prepare your child to utilize these accommodations.
- We have hand washing stations and hand sanitizer available on site. HFC staff will encourage students to wash their hands regularly.
- **Insect, Tick, & Poison Prevention:** HFC staff take every precaution to prevent student's exposure to ticks, insects (like wasps), or poison (ivy, oak, sumac). However, students will be learning and playing in wooded, semi-wooded, and wild areas on the farm and may be exposed to insects like wasps, bees, or ticks, as well as poisonous plants. Therefore:
 - In the case of severe allergies, parents must provide an allergy action plan, and epi-pen if prescribed by a health care professional.
 - Students that are highly allergic to poison ivy, oak or sumac should wear long pants and long sleeves.
 - HFC staff will conduct regular hand and arm washes with students each day using Dawn dish soap to minimize the impacts of possible poison exposure.
- HFC staff are First Aid trained and will have first aid kits readily available during programs.

Zero Waste Policy (Waste Reduction, Recycling and Composting)

At HFC, land stewardship is important, and we are committed to implementing a zero-waste mission. Zero-waste is the principle of minimizing waste production as much as possible, and composting, reusing, or recycling any other waste generated. We encourage our students and staff to minimize single use products, when possible. Please consider bringing refillable water bottles, reusable lunch containers and bags, and we will be composting appropriate food waste. Staff will be available to assist students with the identification of composting, recycling, and reusable items as needed. We also have a refrigerator on site for lunches to be stored, decreasing the need for single-serve items. Together, we can reduce climate impact, encourage sustainability, reduce landfill trash and food waste, and do our part to keep our planet thriving for generations to come.