

## AMC Foray Checklist and Guidelines

### Bring these items with you:

- A basket
- A folding pocket knife
- Paper or waxed paper bags—no plastic!--to keep mushroom specimens separate (Earthfare generally stocks small waxed paper sandwich bags)
- Your lunch and plenty of water
- Bug repellent
- EpiPen if allergic to bee stings (notify the foray leader if this is the case for you)
- A waterproof jacket/poncho
- A whistle
- A watch (cell phones may not work at all of our foray locations)
- A field guide for identifying mushrooms (can be left in the car until we're ready to identify specimens)

### Please follow these etiquette tips to make forays more successful, safe, and enjoyable for everyone:

- Don't visit a site within 2 weeks before the foray date.
- Let the leader know as soon as possible if you need to cancel a foray for which you signed up.
- When someone finds a patch of edibles, give them room--don't rush in and start picking nearby.
- Spread out - try to avoid crossing directly in the path of someone else.
- Honor the agreed meet-up times (for departure and lunch break) so we don't have to wait on you or come looking for you.
- Let the leader know if you leave the group you start out with or go home before the foray is over.