



Tips for Fieldwork

From Farmer Adrienne

To help make your time in the field safe and enjoyable, please review these important tips.

What to Wear

- Comfortable, old clothes in layers in case it gets hot (be prepared to get dirty!)
- Modest attire – no crop tops or short shorts
- Long pants and long sleeves – to limit exposure to sun, ticks, and scratches
- No loose clothing – it can get caught in equipment
- Closed-toe shoes only – sneakers or boots (no sandals or flip-flops)

What to Bring

- Hat with a visor – for sun protection
- Large water bottle – staying hydrated is a must
- Sunscreen – apply before arrival; bring extra if needed
- Lunch/snacks – you'll be working hard and need to refuel
- Tick repellent – apply before arriving
- EpiPen or Wasp Sting Kit – if you're allergic to bees/wasps

Insect Safety

- Avoid perfume – it attracts bugs
- Bees are welcome here as pollinators (if stung, notify a staff member ASAP)
- Check for ticks at the end of your shift

DO NOT Bring

- Electronics – no cell phone use in our fields (we need to keep our hands clean)

Our volunteers make a huge impact at the farm. Thank you for your help!