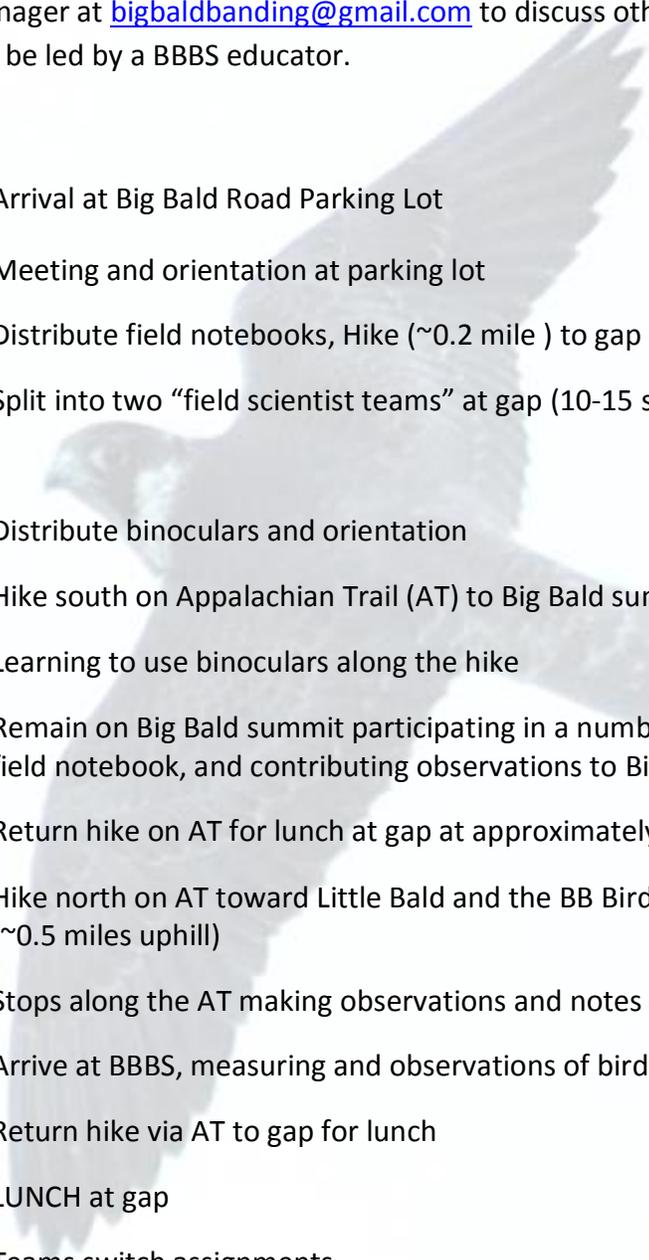


School Field Trip to Big Bald Bird Banding Station

See a basic itinerary below for a day-long visit to the field station at Big Bald Mountain. All times are approximate. The bird banding station usually closes between 1 and 2 PM each day. Schools can request modifications to this itinerary to suit their interests/needs and size. Please contact the station manager at bigbaldbanding@gmail.com to discuss other visit possibilities. Each student team will be led by a BBBS educator.



0800 – 1000	Arrival at Big Bald Road Parking Lot Meeting and orientation at parking lot Distribute field notebooks, Hike (~0.2 mile) to gap Split into two “field scientist teams” at gap (10-15 students per group)
1030 - 1200	
Team 1	Distribute binoculars and orientation Hike south on Appalachian Trail (AT) to Big Bald summit (~0.5 mile uphill) Learning to use binoculars along the hike Remain on Big Bald summit participating in a number of activities from field notebook, and contributing observations to Big Bald Hawkwatch. Return hike on AT for lunch at gap at approximately 1130-1145.
Team 2	Hike north on AT toward Little Bald and the BB Bird Banding Station (~0.5 miles uphill) Stops along the AT making observations and notes of the habitat. Arrive at BBBS, measuring and observations of birds and recording data Return hike via AT to gap for lunch
1145-1230	LUNCH at gap
1230-1345	Teams switch assignments
1345	Teams meet at gap for equipment return, goodbyes, and return hike to buses
1400	Depart parking lot, return bus drive to school

Notes for Teachers: Field Trip to Big Bald Bird Banding Station

- ✦ Students/school supply bag lunches, and are responsible for trash removal. Please remember to bring water to drink for the entire day of outdoor work. Do not bring a cooler.
- ✦ Appropriate clothing for a day in the field and woods (at high altitude) are needed. Remember that it will be 10 degrees cooler on the mountain. Windbreakers, hat with brim, sweatshirts, long pants and sneakers or hiking boots are recommended. Open-toed shoes and short pants are not recommended. A rain coat is a good idea if it's cloudy at your school.
- ✦ There is no Poison Ivy, ticks or chiggers in the bald ecosystem on the mountain. There are a wide variety of insects including bumblebees and honeybees in abundance. Please bring vital medications for any student that may have an allergic reaction to bee sting (rare occurrence). SARR will have a basic first aid kit on site for minor cuts or scrapes, etc.
- ✦ At times, there may be annoying flying insects such as gnats and flies present in the mountain habitat. Wearing lightweight long sleeve shirt and long pants with socks is a good way to ignore the insect life that is vital for migrating birds to eat! Please do not bring spray repellent to the banding site. Herbal based insect repellent (preferred) should be applied before arrival if necessary.
- ✦ Bring a camera if permissible in school policy but encourage use only when given permission during field activities. Unrestricted use by students is not permitted.
- ✦ Field notebooks will be provided each student. Students are responsible to bring their own pencils and be responsible for all of their own gear, including the field notebook.
- ✦ Be sure to make clear arrangements for schedule, directions, etc., before driving to BBBS as phone reception is poor or not possible. Student use of cell phones is not permitted.
- ✦ We recommend that teachers carry some toilet paper and a couple of small plastic bags with them for emergency use in the field for students. Please carry out all paper waste. Hand sanitizer will be provided at the banding station.

Other questions regarding itinerary, logistics or procedures, please contact us. Thanks!

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