



Clothing, Supplies and Equipment

Clothing

The moose hunting season often overlaps our foray so orange and bright clothes are prudent, even in protected areas. An orange cap with our Foray logo will be supplied when you check in. (See Whistles and Caps below for more details) Bright coloured clothes also make it easier to spot you should you become separated from your group.

September can be rainy, quite chilly to downright freezing. Loose layered clothing is best, with waterproof red or orange outer shell, if needed. Comfortable warm hiking boots with sneakers or rubber boots in reserve are good.

Mushroom Collecting Supplies

Since the purpose of a foray is to collect mushrooms, the following supplies and equipment are necessary to insure the proper collection and storage of mushrooms while on the trails.

1. Basket or large non-plastic bag.
2. Plenty of wax paper, paper bags, or small containers to keep specimens separate. (Some will be supplied.)
3. An inexpensive plastic bait box for smaller mushrooms is a good idea.
4. A knife is a necessity to properly remove the mushrooms from their substrates.
5. Pen or pencil to complete the collecting slips which are provided.
6. Mushroom field guide: Voitk: A little illustrated book of common mushrooms of Newfoundland and Labrador (See Field Guide section on the next page for ordering details.)

Other Supplies

1. Water bottle, if you need it.
2. Fly dope- flies and mosquitoes are usually not a problem on the island at this time of year, but one never knows.
3. Sunscreen (We can always hope!)

Recommended Equipment

The following pieces of equipment are recommended.

1. Small backpack to carry everything.
2. A whistle will be supplied (see below), should you become separated from your group while off the trail. **REMEMBER TO TAKE IT WITH YOU!**

Optional Equipment

1. Map and compass- we do not intend to wander far afield from the trails.
2. GPS (if you have one) to mark waypoint to return to car and to mark sites of rare or unusual finds.
3. Cell phone, if you have one (in case it works where you will be).
4. Two-way radios, if you have them. We have a limited supply and can provide some.
5. Recording your forays is equally important. Bring a camera, extra flash memory cards and batteries.

Whistles and Caps

As previously mentioned, we provide an orange cap along with a safety whistle- you must have both to participate. If you received one on a previous foray, please bring it again. If you forget or if you have lost your old ones, we'll provide replacements, but would appreciate a voluntary payment [whistle, \$10.00; cap, \$ 15.00].

Please carry the cap and whistle with you on all outings. The whistles are not toys. Do not blow the whistles unless in need. Especially, do not allow children to blow them for fun and do not blow them indoors. They are very loud, serious safety devices, designed to be heard over great distances in the woods. The sound will harm your hearing. Please take care of them, as they can serve you for years to come.

Whistle Codes

- 1 blast:** Where are you? / I hear you.
- 2 blasts:** Optional for internal signaling for a group, meaning to be agreed upon with leader.
- 3 blasts** Help!!! / I am lost. / Come here!
- 4 blasts:** Everybody, go to prearranged meeting place! This will be identified by the trail leader at the start of the walk.

Ordering the Field Guide

Copies of **Voitk: A little illustrated book of common mushrooms of Newfoundland and Labrador** can be purchased in National Parks Gift Shops. Some will be on hand at the foray.

You can also order one by contacting:

Gros Morne Cooperating Association PO
Box 130 Rocky Harbour, NL, A0K 4N0,
Canada

Tel: 709-458-3610

Fax: 709-458-2162

E-mail: jackie.hiscock@pc.gc.ca

PRICE:

\$24.95 + 13% HST (\$3.24) CAD

Shipping \$3.00 in Canada, \$5.00 to US.

All proceeds go to the Gros Morne Cooperating Association to help its support of Gros Morne National Park.

MasterCard or VISA preferred by phone.