

Learning, Playing, Working Outdoors at LISDOLA

A common sense approach

Being outdoors is fun and good for you. Just like any activity whether it's sports or shopping there are common sense ways to prepare and act to get the most out of the experience!

ALWAYS CARRY PERSONAL DRINKING WATER; sweetened, flavored drinks discouraged


Please observe any critters you see in their native environment. Do not collect organisms from LISDOLA unless instructed differently by LISDOLA staff.



WHAT TO WEAR (required)

to minimize scratches, allergic reactions to plants, sunburn, insect bites

- Closed-toed shoes, socks, long pants, long sleeved shirt, hat; stretch/yoga pants not recommended
- In warm/ hot weather choose lightweight fabrics & loose fitting sleeves that can be rolled up
- In chilly/cold weather add several layers that can be removed/added
- In rainy weather waterproof clothing (ponchos, etc) and extra socks are helpful; HIKING TIP: bring a plastic garbage/grocery bag as a dry place to sit

 **NATIVE PLANTS** that could be problematic; stay on marked trails unless instructed differently

- Greenbrier vine has thorns that scratch, but typically do not cause an allergic reaction
- Nettles typically cause a stinging reaction when brushed against; plant spines/hairs usually remain on the plant; PRACTICAL SOLUTION: paste of baking soda & water or anti-itch cream applied quickly; sting will usually go away on its own if no treatment available
- Cacti have spines (needles, thorns) that are leaves modified for the environment; can scratch and break off in skin; PRACTICAL SOLUTION: use tweezers to remove, cactus spines can have a barbed end
- Poison ivy (PI) is a vine that produces an oil that most people are allergic to when leaves and vines of the plant are touched; PRACTICAL SOLUTION: avoid contact; if touched, wash hands immediately with COLD water and soap, flush with rubbing alcohol, and try not to spread the oil to other body parts; wash outdoor clothes as soon as possible but do not mix the clothing with other non-hiking apparel; contact physician if allergic reaction worsens

INSECT MANAGEMENT **BEFORE an outdoor adventure** apply insect repellent and reapply as needed; Current US CDC guidelines recommend DEET; Follow insect repellent manufacturer's application instructions; LISD trips-Follow LISD Health Services Department guidelines for self-application and self-carry

- **Mosquitos** are beginning to be prevalent year-round in this area of Texas. PRACTICAL SOLUTION: repellent
- **Chiggers** are microscopic crawlers found in high grass during warm weather; can crawl onto legs or arms; can wander around for hours on the skin before biting; cause an annoyingly itchy, allergic reaction; PRACTICAL SOLUTION: repellent; hot bath/shower and wash clothing as soon as possible
- **Ticks** are visible if crawling on light colored clothing or skin and should be flicked off. If a tick has attached, remove all of it with tweezers. Over the next several days watch for any flu-like symptoms and see a physician if this occurs. PRACTICAL SOLUTION: repellent; wear light colored clothing; tuck pants legs into socks so that ticks move on top of clothing instead of underneath pants' legs; brush off/remove any visible ticks; hot bath/shower and wash clothing as soon as possible