In your Early Birder’s Backpack you will find:

- One (1) pair of binoculars
- One (1) lens cleaning cloth
- One (1) copy of *National Wildlife Federation’s Field Guide of North America* by Edward S. Brinkley and Craig Tufts
- One (1) copy of *Peterson’s Field Guides for Young Naturalists: Songbirds* by Jonathan P. Latimer and Karen Stray Nolting
- One (1) copy of New River Land Trust’s Early Birders Field Guide
- One (1) flash drive containing: a tutorial on birds, binoculars and how to use this backpack; PDFs with information for local bird watching areas; links to online lessons and activities
- One (1) mini first aid kit
- One (1) mini compass
- One (1) laminated copy of Cornell Lab of Ornithology’s *Birdsleuth Explorer’s Guidebook*
- One (1) dry erase marker

To get started, plug in the flash drive to learn about bird watching basics and for suggestions of great places to bird watch right here in the NRV.
Safety Tips and Information

- Check the weather before you go! Try to prepare accordingly
- Make sure you have a water bottle
- Wear long pants and closed toed shoes to prevent against ticks
- Don’t forget your sunscreen and bug spray!
- Pay attention to the trail and always stay on trails
- Take extra precautions around water
- Look at your compass often, and know how to use it to find your way
- Always pay attention to your surroundings
- If you are with a group and are ahead, always wait for the rest of your group at trail forks or junctions.
- If you get lost or separated from your group, call out for help.

Emergency Phone Numbers:

Montgomery County Sheriff’s Department
540-382-6915

Floyd County Sheriff’s Department
540-745-9334