



**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



