

What Should I Wear?

A Volunteer's Guide to a Safe and Comfortable Summer

The sun is shining, the humidity is high, and there's lots of work to do in the parks. Here is a visual guide of proper volunteer attire for outdoor work to keep you safe and comfortable this summer. If you have any questions or are unsure if what you want to wear is appropriate for the project, please ask the naturalist in charge in advance.

When choosing your clothes, please remember these things:

- Sun protection** (especially ears, necks, shoulders, calves, noses)
- Foot support and protection**
- Ticks, mosquitoes, poison ivy, thorns, scratchy branches, and other things to avoid**
- Heat and sweat**
- Public image.** Remember, as a Calvert Steward you are representing Calvert County Natural Resources and the Calvert Nature Society. We want you to wear your get-dirty clothes, but just remember that **large holes, inappropriate slogans, or any revealing attire is not permitted** (both for your safety and the parks' image).

TORSO



T-shirts are lightweight, protect your shoulders from the sun and scratchy branches, and tend to be inexpensive (and often times free!)—the perfect wash, wear, get dirty, and repeat item. Similarly, shirts designed for hiking, boating, or running are another great option. A little pricier, but deliciously cool and some even have extra UVA/UVB protection.



Yes, it's hot, but long sleeves are great for extra sun protection (especially if you are working by the water or for several hours without much shade), not to mention help prevent ticks, poison ivy, or thorns from getting to your arms. Try layering a light weigh button down over a t-shirt so you can adjust to the temperature and your surroundings as needed.



Tank tops and undershirts are fine for your backyard and driving to and from a project, but please change or add a protective layer while you're volunteering (even if you're working on the beach). This is to keep vulnerable shoulders safe from the hot sun, ticks, mosquitoes, scratches, and rashes.

LEGS



Long pants are ideal for protecting your legs from ticks, mosquitoes, rashes, and thorns/branches. Long pants are highly recommended for projects in the woods and any stewardship days, especially if working off-trail, with power tools, or in tall grasses/brush areas. Lightweight and light-colored pants are the most comfortable for the temperature (and best for spotting ticks!), but blue jeans are acceptable as well. If shopping for some good lightweight 'outdoorsy' pants, be sure to take a look at the rapid-dry materials, zip-offs (shorts and pants in one!), or materials pre-treated with permethrin.



(Sometimes!)

Shorts are acceptable for certain projects, but please consider the conditions of the project and remember that shorts will not protect your legs from ticks, ankle-loving mosquitoes, thorns/branches, poison ivy, or the sun.



If you do wear shorts, please **no short-shorts or running shorts**. They leave your legs too exposed to the sun and the itchy-bitey scratchy-things previously mentioned. Ideally **shorts should be roughly knee-length** (or at least pass the good ol' high school finger tip rule).



Please, no ripped pants or stylish jeans. They are not safe to work in, nor will they stay clean.

FEET



Hiking boots or work boots are your best friend! Lots of support for being active on your feet, great for uneven terrain, sturdy and long-lasting, and sometimes even water proof.



Sturdy sneakers are another great footwear option. They are comfortable, give good support, keep your feet covered, and may be lighter and cooler than boots. Just keep in mind that they are not necessarily water proof.



When wearing boots or sneakers, be sure to also wear the right kind of socks. The taller the socks, the better protection from blisters, mosquitoes, and ticks. White socks also make it easier to spot any ticks hitching a ride.



Sandals designed for hiking and outside activity are fine for some projects. Sandals must have a back and sturdy strap. They're very comfortable, let your feet breathe, and great for projects that might lead to wet feet. Keep in mind, though, that they offer less protection for your toes from sticks, stones, insects, and other hazards. As always, be sure to consider all the elements involved with a project before wearing sandals. If you are unsure if your sandals are suitable, ask the naturalist leading the project in advance.



Flip-flops, Crocs, fashion sandals (even with a back), back-less sandals, and flats/loafers are **not permitted**. These shoes do not offer the support or protection needed for hiking, water, off-trail, or long periods of time on your feet. They are also not designed to withstand the elements or the amount of wear and tear the projects entail. If you are unsure if your shoes are suitable, ask the naturalist leading the project in advance.

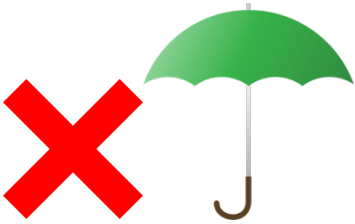
EXTREMITITES



Hats! Great for sun, rain, keeping insects out of your hair.



If it looks like rain, don't forget a jacket or poncho to keep you dry



Umbrellas weren't made for the woods, and make it tricky to work with your hands. A good jacket with a hood is what we recommend instead.

Some other good things to remember:

