# Beach Cleanup Guide




## Dress for the weather

Be equipped with sunscreen and a hat on a hot sunny day, and with appropriate rain gear for wetter days. Dress in layers, as weather can change quickly.

## Wear gloves

Always wear gloves while picking up trash, litter can be covered in harmful bacteria or have sharp edges.

## Stay hydrated

It is very important to hydrate yourself, especially while working in the sun. Be sure to bring a full water bottle with you and take water breaks when necessary.

## Don't bug out

Mosquitos and ticks can be found at clean-up sites, depending on the location. Be sure to wear bug spray and do a thorough tick check after spending time outdoors.

## Know your surroundings

Be alert for harmful plants such as poison ivy, or uneven and rocky surfaces. Do not tread on delicate areas such as beach dunes or animal homes.

## Wear closed toed shoes

Sharp objects, mud, and tripping hazards could be present at a clean-up site, so it is important to wear shoes that will protect your feet and provide stability.

## Don't dump liquids

If you find a bottle containing a liquid, do not dump it out as this liquid could be fermented or harmful to the outdoor environment. Simply place the entire bottle in your bag or bucket.

## Have a buddy

Collecting trash with a buddy aids in data collection, but also is a good safety precaution. It's also more fun!

## Supervise children

It is great that little ones want to get involved in stewardship, but young children should be supervised by an adult at all times.

## Be smart!

Do not pick up anything sharp, too heavy, toxic or hazardous such as syringes. Do not pick up trash in hard to reach places that jeopardize safety, or in an area where there is an animal or harmful plants.

