

Preparing For The Day

What to Wear/Bring

All clients are advised to come prepared with appropriate gear. This includes hats, sunscreen, drinking water, *food for lunch, appropriate footwear (enclosed shoes) warm clothes if needed and wet weather gear. EcoXplore provides disposable rain ponchos in the event a client does not have wet weather gear.

*Not all groups will stay for lunch, some may just need food for morning tea

Arrival Information

Upon booking all clients will receive a map of where EcoXplore is located. Unless otherwise discussed, all buses will be met by an EcoXplore guide on North Head Scenic Drive. The guide will be waiting on the left-hand side of the road. (You will see them shortly after going under a stone archway) They will flag down the group, board the bus and direct the bus driver where to go.

Information on Ticks

The following information is from the Australian Government Department of Health:

How to avoid getting a tick:

- Wear light-coloured long-sleeved shirts and long trousers (it's easier to see ticks on light-coloured clothing)
- Tuck your shirt into trousers and trousers into long socks
- Wear a wide-brimmed hat
- Use an insect repellent containing DEET

After being in an area with ticks:

- All clothing should be removed after visiting tick infested areas and placed into a hot dryer for 20 minutes to kill any tick that could be still on the clothing.
- The entire body should be then checked for ticks of all sizes and stages, paying particular attention to areas behind the ears and the back of the head or neck

For more information, including how to remove a tick, please visit:

- The Australian Government Department of Health's webpage at: <http://www.health.gov.au>
- The Australasian Society of Clinical Immunology and Allergy (ASCIA) <http://www.allergy.org.au>