

PRECAUTIONARY RECOMMENDATIONS

Please remember that outdoor activities and activities in the woods at Pitt County's Contentnea Creek Environmental Education Center, A Time for Science's Nature and Learning Center, and Bray Hollow, LLC's Land Conservancy involve contact with all things NATURAL. For your comfort and safety it is recommended that the following precautions be taken.

1. Long pants/slacks are recommended. Shorts, skirts, and/or dresses allow for possible exposure to briars, brambles, and other potential irritants, as well as to potential insect irritants.
2. Comfortable, enclosed, walking shoes (and socks) are recommended. Open shoes, sandals, and flip-flops are not supportive for walking on uneven ground and allow for potential exposure to fire ants and other possible insects, brambles, etc.
3. Carrying your own canteen or other water container is recommended. You will not be near a ready source of drinking water.
4. It is recommended that you bring along your own supply of insect repellent. Except for the cold of winter there is usually some kind of bug activity in the wilds.
5. No firearms of any kind are allowed on the premises without prior permit for hunting purposes.

We hope you will enjoy your experiences at Pitt County's Contentnea Creek Environmental Education Center, A Time for Science's Nature and Learning Center, and Bray Hollow, LLC's Land Conservancy and that you will return again to learn and to enjoy the wonders of our Natural World.