

# What to Wear?

## (Out in the Field)

### Head:

Hat (with a wide brim)—to protect your eyes/ears/face/back of neck from the sun to avoid sunburn

Sunglasses—to protect your eyes from the sun to avoid eye damage/cataracts. (UV rays are strongest 10 a.m. to 4 p.m.)

### Body:

Long-sleeved, loose-fitting, tightly-woven, light-weight, light-colored shirt—to protect arms from sun/heat and insects (Light colors reflect heat and sunlight). Close-fitting clothes for safety if working with tools/debris.

Long pants—to protect legs from sun, underbrush, and insects

Name badge—to identify yourself as Pasco County employee/EST-18 volunteer

### Feet:

Tennis shoes (or comfortable walking shoes) and socks—to protect feet from injury

Rubber boots—in case of flooding

### Other Supplies:

Gloves (latex/vinyl or canvas/cloth work gloves—appropriate for the task at hand)

Hand wipes/antibacterial gel (be sure to wash your hands whenever possible and often)

Sunscreen (SPF 15 minimum—apply liberally, repeat every 2 hours. Sunburn makes reducing body temperature more difficult and can suppress immune functions.)

Insect repellent (with 6 to 30% DEET generally safe and effective for 2 to 6 hours of protection, comes in pump spray/aerosol/lotion; read label; use carefully; spray on clothing, if appropriate, to avoid absorption through the skin)

Bottled water/thermos/cooler (drink frequently, even if not thirsty, to avoid heat illness)

Lunch/snack and/or money (eat lightly, foods such as protein increase metabolism, body heat, and water loss)

**NOTE: Certain prescribed medications increase heat and/or ultraviolet sensitivity.**

*(i.e., prescription and over-the-counter medications for acne, allergies, arthritis, birth control, congestion, depression, diabetes, heart disease/failure/rhythm, hypertension, nausea, etc.—read the label or package insert)*

