

**Guidelines for your field study:**

**Use your senses** – sight, smell, touch, hearing, but no tasting unless a qualified guide has approved the plant you want to taste.

**Slow down and work quietly** – you will see, hear, and experience much more if you do.

**Follow your teacher’s instructions** – they are designed for your safety and to help you get the most out of the experience.

**Respect the site** – please leave the plants, animals, and non-living parts of study site as you found them so that others may enjoy this special place.

**Leave No Trace** – take what you have brought with you including all garbage, recyclables, and compost.

**Enjoy and Explore** – Estuaries are unique places with much to offer those who work to understand them.

*For more information about estuaries visit [www.southsloughestuary.org](http://www.southsloughestuary.org)*

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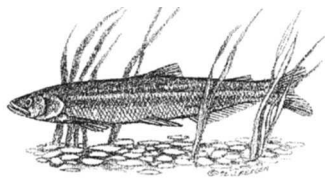
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**Estuary Field Study Journal**



**Name:**

**Date:**

**Predicted tides & times**

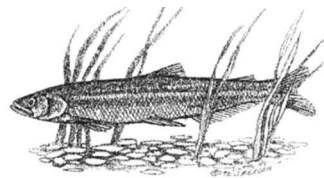
**High:** \_\_\_\_\_

**Low:** \_\_\_\_\_

**Location:**

**Weather:**

**Estuary Field Study Journal**



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