



## SAVOR THE WILD

tours

### MUSHROOM FORAGING 101:

# Planning Guide

**We provide all the supplies you will need for your mushroom foraging adventure including:**

A specialty mushroom knife with embedded brush, a basket, disposable nitrile gloves, reference materials, and a bag to bring your spoils home in.

## What to Wear

**Hiking boots with good ankle support is highly recommended.** We will be exploring trail and off-trail areas with mixed terrain and underbrush. Depending on the weather, conditions may be slippery and occasionally muddy.

**Layered clothing for the weather.** Check the forecast for rain.

**A brightly colored top (preferred).** This allows for the best visibility while in the woods

**Clothes can get snagged on branches and thorns,** so dress accordingly!

**Lightweight gloves.** Warm hat (preferably brimmed)

## What to Pack

- **Small backpack**
- **Water bottle**
- **Light snack (e.g., granola bar)**
- **Hygiene/bathroom supplies**

Be prepared for any potential personal relief breaks if "nature calls," and bring any hygiene products you may require. Just remember to pack out what you pack in!

## Permits

Depending upon the foraging location, you may need to purchase a park permit such as a **Discover Pass (\$11.50)** or a **National Forest Pass (\$5.00)**. You will need one pass per vehicle. We will notify you by 24 hours prior if a pass will be needed and where our location will be. All potential locations are within a 40-minute drive of Seattle.



### QUESTIONS?

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