



HOW TO BE PREPARED AS A GARDEN VOLUNTEER:

Volunteers should plan to wear closed-toed, thick-soled shoes. Most gardens have goat heads and they will puncture through anything thin and it is very uncomfortable prying those out of your feet!

Check the weather report! In Utah, it is possible to see all four seasons in one day. Dress in layers, comfortable, and in something that can get dirty. Long sleeves and pants are helpful to keep from getting any skin abrasions or irritations. You don't see many gardeners and farmers wearing tank tops and shorts for a reason.

Additional items volunteers should bring:

- Sunscreen
- Hat
- Water & water bottle
- Snacks
- Work gloves
- Pen & notebook
- Headphones, if you want to listen to music

And don't forget to ask questions! Volunteering in the garden is a great opportunity to ask questions and learn.