

**Sunshine Coast Society for the
Hunting, Recognition and Observation of Mushrooms
(SHROOM)**

Foray Guidelines

When spending time in the forest, for whatever reason, it is vitally important that individuals treat the environment with respect.

For this reason, SHROOM requires all foray participants to follow these guidelines, to ensure that the mushrooms and their surroundings will remain as they are for future generations to enjoy.

Walk carefully, move slowly, and watch where you put your feet. Ideally, no one should be able to tell that you were in the forest. Be sensitive to the importance of the forest's ecology; all of its life forms are interdependent, and if you dislodge rocks, remove moss or destroy any plant or animal life, you are causing significant damage to environment.

Take care to gather only those mushrooms you will use—avoid indiscriminate picking and discarding. When gathering mushrooms, use a sharp knife to cut them off cleanly at ground level. The exception to this is when taking a mushroom with you for identification purposes, in which case reach carefully under the stem and ease the mushroom out by its base.

If gathering edible mushrooms, be absolutely certain of their identification before you eat them. SHROOM is not responsible if you have an adverse reaction.

Leave some mushrooms behind, rather than clearing out a patch completely. This allows the remaining mushrooms to disperse their spores and to act as food for wildlife.

You are responsible for your own safety in the forest. Go out with a buddy, and be aware of your surroundings as well as the location of the main group. Keep an eye on the time, and return to the agreed-upon meeting place at the agreed-upon hour.

If you're with a group, stay in contact by means of whistles. An easy-to-remember system of signals:

One whistle: I'm here—where are you?

Two whistles: Here's something you'll want to see!

Three whistles: Help!

Dress appropriately for the weather:

Rain jacket and pants
Gaiters
Sturdy, moisture-proof boots
Hat—appropriate for conditions
Mittens/gloves

Be prepared:

Map
Whistle
Watch
Compass
Walking stick
GPS (optional)

For mushroom-gathering:

Field guide
Knife, brightly marked
Appropriate mushroom carrier (flat-bottomed basket, waxed and/or brown paper bags)
Hand lens
Photography equipment
Notebook & pencil
Spore print paper (black and white)

In your knapsack:

Lunch
Water
Extra clothes
Sunscreen
Insect repellent
Trowel and toilet paper
Emergency blanket *
First aid kit *
Matches (waterproof) *
AfterBite “

* SHROOM will provide these on club forays.

Foray leaders will ensure that all participants have signed SHROOM's Release of Liability, Waiver of Claims and Indemnity Agreement. This is available on our website, <http://scshroom.org>.