



List of items you may wish to bring

Warm clothing

Flat shoes – Trainers or walking boots are ideal

Torch

Camera

Video Camera

Paper/writing pad is a must

Pen

Plenty of Batteries – For some reason fully charged or brand new batteries can and often do, die within minutes (Possibly due to Electro-Magnetic activity caused by Paranormal Phenomena)

You are welcome to bring any other equipment you may have but it is your responsibility to make sure it is kept safe.

Whilst a basic finger buffet is provided (where stated), we do not provide sandwiches or hot food. You are welcome to bring your own sandwiches. If you have any specific dietary requirements, please feel free to bring your own. Tea and coffee is also provided but should you require cold drinks such as cans of pop or energy drinks, you may wish to bring some with you.

Ghost Hunting Etiquette

When you are about to take a photograph in a dark place/room, please remember to advise your group members by saying 'flash'; a very bright flash in a pitch black room can cause temporary blindness for a long time afterwards and it is not pleasant.

Please try not to wear any strong smelling perfumes or aftershaves; it can interfere with any paranormal odours that may occur. This can often be the only way spirits are able to make contact.

Please keep noise to a minimum, be aware that other groups will be in the vicinity and may be able to hear you. This will of course effect any monitoring of paranormal noises that may be heard.

Please use cigarette bins/ashtrays provided in the designated smoking areas and make sure you put litter in the bin. To enable us to continue investigating these locations we must leave the property clean and tidy/how we found it. Remember, this is someone elses home/property.

Please be respectful when calling out for spirit contact, it doesn't cost anything to be polite. Please don't use offensive language or antagonise spirits as this can and has had adverse effects on members of the group.