**Make your own explorer’s kit**

Find an old cloth bag, bum-bag or backpack and upcycle it into a fun carrier for your explorer’s kit by painting, stamping ink designs, or drawing on it with felt tip pens. Add your name to make it yours!

Find some fun sensory items to put inside. These might be:

* A map of the museum or gallery (download from their website)
* A magnifying glass (to see things in close-up)
* A pair of binoculars (to see things up high or far away)
* A small torch (for lighting up objects in cases)
* A tape measure or ruler (for measuring)
* A sketch pad, drawing materials, a pencil sharpener and rubber
* A book to read/ look at on your visit
* A sensory or fidget toy
* A camera
* A compass (so you don’t get lost)
* A favourite toy to share your adventure with
* An Explorer’s hat
* Ear defenders (in case of loud noises)
* Sunglasses (in case of bright lights or so you can be in disguise)

Use these items to find your way around, look at objects, record your visit, get into character or to help you feel more comfortable.

**Many museums and galleries have explorer or sensory backpacks you can borrow. Why not check with them before you visit?**