

Bumps in the Night!!!!

Tools of the Trade

Basic Tools – Pen, Paper, Flashlight, Watch, and You



Most ghost hunters think you need a lot of cool tools and gadgets to get started in the field of paranormal investigations and that is not true. The most important tools to have with you on an investigation are a pen, some paper, a flashlight, a watch, and your own eyes and ears. You might be saying to yourself...how can that be? In this article we will break it down for you.

For an investigation you should keep a log of everything for an investigation, this is where the pen, paper, and watch come in. These logs should include investigation, weather, experiences, photo, EMF/temperature

baselines (if you have those tools), and any others you think are relevant. A description of a few of those logs is as follows:

- **Investigation** (Time Table) - is used to document things such as what time did you arrive at the location, what time did you start investigating, who investigated and where (and what times), where each investigator is at all times, what equipment did you use, etc. This log will help you keep track of the investigation and assist with review process.
- **Weather** - is used to document the weather conditions at the time of the investigation. We also recommend you check the moon cycles on this day. We use this information to track patterns of weather conditions on the day of an investigation if data is captured so we can compare it to other such events for other cases. It will also help you during the review process in case you have lots of orbs (could be rain) or mists (could be investigators breathe).
- **Experiences** - is used to document all personal experiences (or equipment malfunctions) that are experienced during an investigation. Make sure to document everything you can remember about the experience so you have the information for future reference.

During an investigation you should make safety your first priority, to assist with that always have a flashlight on you. The use of a flashlight is important, especially on stairs or in a room you aren't familiar with. However, it is best to keep the usage to a minimum. Your eyes will adjust to the dark and you'll be able to observe more activity with the naked eye. We use flashlights with red lens so that our eyes aren't affected by the light.

While you are investigating use your eyes and ears to take in everything around and be observant. Sometimes it is best to just sit quietly and observe the space around you. This will help to debunk situations that occur as well as observe any activity that may exist. This doesn't mean you have to be silent 100% of the time, but silence is a friend to investigators. As you are observing make sure to never lose the skeptic in you. Whenever a potential paranormal experience occurs, try to debunk it. Check for natural causes, such as wind, rain, etc. Check to see if someone or something else was in the area at the time. Check for something in the space that could cause the noise, such as a furnace, dripping faucet, window, door, etc. Also, try to rule out the obvious before assuming its proof of paranormal activity.

As you can see you can do a lot with those simple tools and for little money. Once you get these things tools and techniques down, then you are ready to move onto the other tools, such as a digital recorder, digital camera, EMF detector, thermometer, or video camera.

