

Hellgrammite as a Non-Conventional Biomonitor for Surface Water and Environmental Health Assessment

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Materials

Name	Company	Catalog Number	Comments
Analytical balance of 220 g	Ohaus	PR224/E	This balance is useful for weighing the extracted tissue from specimens.
Chest waders	LaCrosse	700152M	We recommend using waders for sample collection. Alternatively, you can also use boots with rubber hip boots for sampling.
Cutting board	True	TRUE915121	It is recommended to use white and plastic boards.
Forceps	DR Instruments	112	It is recommended to use a 12 pul forceps made of stainless steel.
Inductively Coupled Plasma-Optical Emission Spectroscopy System	Perkin Elmer	7300 DV	A device for quantifying heavy metals using spectroscopy.
Kick net	LaMotte	0021-P	An alternative method for making a kick net involves manually crafting one using a mesh with a thickness of 500 micrometers.
Liquid Nitrogen	NA	NA	NA
Liquid Nitrogen Dewar Static Cryogenic Container	BestEquip	DF0504	It is recommended to use an aluminum tank with canisters.
Mortar and Pestle Set	Cole-Parmer	EW-63100-54	This is a porcelain mortar and pestle used for grinding dry tissues.
Multiwave GO Plus	Anton Paar	C93IP001EN-E	Multiwave is a useful tool for digesting multiple samples.
Oven for drying	Fisher scientific	506G	An incubator oven, also known as a dry tissue oven, is essential for drying tissues at temperatures of at least 80°C.
Precision scalpel	Xcelite by Weller	037103-48768	It is recommended to use a scalpel made of aluminum.
Tissue Homogenizer (tearer)	Kopro	K110000	It is recommended to use a tissue tearer with a base. Some companies offer ultrasonic tearers, which may be the optimal choice.

Ultra-Low Temperature Chest Freezer	REVCO	CA89200-384	Many companies provide freezers, but it is recommended to choose one with a storage temperature of at least -40°C.
Wide mouth plastic bottles	United Scientific	81900	Using polypropylene bottles with wide caps and mouths is strongly recommended.