

List of Ingredients and Other Necessary Items

Cultures

- Sterile Petri dishes, at least 150x10mm
- Fish water or de-chlorinated tap water, Autoclaved
- Nutritional brewers yeast tablets, any brand
- Autoclaved whole wheat kernels

Sub-Cultures

- Plastic containers, 500-1000mls (figure 1)
- De-chlorinated tap water or fish water, filtered
- Nutritional brewers yeast tablets, any brand
- Autoclaved whole wheat kernels

Cages

- Plastic containers, 500-1000mls
- De-chlorinated tap water or fish water, filtered
- Nutritional brewers yeast tablets
- Autoclaved whole wheat kernels

Other Necessary Items

- Measuring spoons, .05 and .1 gram sizes
- Warm room with medium light (70-80°F)
- Strainers made from 105 and 23 micron polyester filter cloth (figure 2)
- Paramecia Collector (For description see figures 3-4)

Note: Plastic containers used for housing paramecia are typically referred to as “cages.” At ZIRC, we recommend Cambro food containers (1/6 x 4 size). They are cheaper alternative to using scientific mouse cages or crossing cages, and still allow for high heat cleaning.