

Sterile Technique Checklist for Mycology

A Free Guide by The Spore Depot

Workspace Preparation

- Clean work surface with 70% isopropyl alcohol
- Eliminate drafts, fans, or airflow
- Keep pets, plants, and food away
- Wash hands before starting

Tools & Equipment

- Flame source (alcohol lamp or butane torch)
- Still Air Box (SAB) or Laminar Flow Hood
- Sterile gloves + face mask
- Spore syringe or agar plates (prepped)
- Pressure-cooked grain spawn (15 PSI, 90–120 mins)

Sterile Workflow

- Flame sterilize syringe/needle or scalpel until red-hot
- Spray/wipe gloves with alcohol before handling
- Perform inoculations inside SAB or flow hood
- Avoid talking, sneezing, or fast movements
- Re-sterilize between each transfer or inoculation

Monitoring & Safety

- Label jars/plates with date & strain
- Check daily for mold, slime, or off-odors
- Discard contaminated jars immediately
- Store finished cultures away from contaminants

Prepared by The Spore Depot — your trusted source for mushroom spores, spore syringes, agar supplies, and liquid culture.

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