Methods and equipment[[edit](https://en.wikipedia.org/w/index.php?title=Ghost_hunting&action=edit&section=4" \o "Edit section: Methods and equipment)]

[](https://en.wikipedia.org/wiki/File:Irthermo.png)

A handheld infrared thermometer of the type used by some ghost hunters

Ghost hunters use a variety of techniques and tools to investigate alleged paranormal activity.[[25]](https://en.wikipedia.org/wiki/Ghost_hunting#cite_note-25)[[26]](https://en.wikipedia.org/wiki/Ghost_hunting#cite_note-26) While there is no universal acceptance among ghost hunters of the following methodologies, a number of these are commonly used by ghost hunting groups.[[27]](https://en.wikipedia.org/wiki/Ghost_hunting#cite_note-sfgate-27)

* [Still](https://en.wikipedia.org/wiki/Still_image) [photography](https://en.wikipedia.org/wiki/Spirit_photography) and [video](https://en.wikipedia.org/wiki/Video_camera): using [digital](https://en.wikipedia.org/wiki/Digital_camera), [night vision](https://en.wikipedia.org/wiki/Night_vision), [infrared](https://en.wikipedia.org/wiki/Infrared_photography), and even [disposable cameras](https://en.wikipedia.org/wiki/Disposable_camera).
* EMF meter: to detect possibly unexplained fluctuations in electromagnetic fields.
* [Tablet PC](https://en.wikipedia.org/wiki/Tablet_computer): to record data, audio, video and even environmental fluctuations such as electromagnetic fields.[[27]](https://en.wikipedia.org/wiki/Ghost_hunting#cite_note-sfgate-27)
* [Ambient temperature](https://en.wikipedia.org/wiki/Ambient_temperature) measurement: using [thermographic cameras](https://en.wikipedia.org/wiki/Thermographic_camera" \o "Thermographic camera), [thermal imaging cameras](https://en.wikipedia.org/wiki/Thermal_imaging_camera), [infrared thermometers](https://en.wikipedia.org/wiki/Infrared_thermometer), and other [infrared](https://en.wikipedia.org/wiki/Infrared) temperature sensors. It should be noted that all of these methods only measure surface temperature and not ambient temperature.[[28]](https://en.wikipedia.org/wiki/Ghost_hunting#cite_note-28)
* Digital and [analog](https://en.wikipedia.org/wiki/Analog_recording" \o "Analog recording) [audio recording](https://en.wikipedia.org/wiki/Audio_recording): to capture any unexplained noises and [electronic voice phenomena](https://en.wikipedia.org/wiki/Electronic_voice_phenomena) (EVPs), that may be interpreted as disembodied voices.
* [Compass](https://en.wikipedia.org/wiki/Compass): some ghost hunters use a compass to determine the location of paranormal spots, similar to [EMFs](https://en.wikipedia.org/wiki/Electromagnetic_field).
* [Geiger counter](https://en.wikipedia.org/wiki/Geiger_counter): to measure fluctuations in radiation.
* [Infrared](https://en.wikipedia.org/wiki/Infrared) and/or [ultrasonic](https://en.wikipedia.org/wiki/Ultrasonic_sensor) [motion sensors](https://en.wikipedia.org/wiki/Motion_sensor): to detect possible anomalous movement within a given area, or to assist in creating a controlled environment where any human movement is detected.
* Air quality monitoring equipment: to assess the levels of gases such as [carbon monoxide](https://en.wikipedia.org/wiki/Carbon_monoxide), which are thought to contribute to reports of [paranormal](https://en.wikipedia.org/wiki/Paranormal) activity.
* [Infrasound](https://en.wikipedia.org/wiki/Infrasound) monitoring equipment: to assess the level of sound vibrations.
* [Dowsing rods](https://en.wikipedia.org/wiki/Dowsing_rod): usually constructed of brass and bent into an L-shape.
* [Psychics](https://en.wikipedia.org/wiki/Psychic), [mediums](https://en.wikipedia.org/wiki/Mediumship), or [clairvoyants](https://en.wikipedia.org/wiki/Clairvoyant): trance mediums or "[sensitive](https://en.wikipedia.org/wiki/Sensitive_(pseudoscience))" individuals thought to have the ability to identify and make contact with spiritual entities.
* [Demonologists](https://en.wikipedia.org/wiki/Demonologist), [exorcists](https://en.wikipedia.org/wiki/Exorcist), and [clergy](https://en.wikipedia.org/wiki/Clergy): individuals who may say [prayers](https://en.wikipedia.org/wiki/Prayer), give [blessings](https://en.wikipedia.org/wiki/Blessing), or perform [rituals](https://en.wikipedia.org/wiki/Rituals) for the purpose of cleansing a location of alleged [ghosts](https://en.wikipedia.org/wiki/Ghost), [demons](https://en.wikipedia.org/wiki/Demon), [poltergeists](https://en.wikipedia.org/wiki/Poltergeist), or "[negative energy](https://en.wikipedia.org/wiki/Negative_energy)".
* Lights out: according to ghost hunting enthusiast websites, many ghost hunters prefer to conduct their investigations during "peak" evening hours (midnight to 4 a.m.).
* Ghost Box: an electronic device that some ghost hunters claim allows communication with spirits.
* [Interviews](https://en.wikipedia.org/wiki/Interview): collecting testimony and accounts about alleged hauntings.
* [Historical research](https://en.wikipedia.org/wiki/Research): researching the [history](https://en.wikipedia.org/wiki/History) behind the site being investigated.
* A Ouija board to communicate with spirits.

An *EMF meter* is a scientific instrument for measuring [electromagnetic fields](https://en.wikipedia.org/wiki/Electromagnetic_field) (abbreviated as EMF). Most meters measure the [electromagnetic radiation](https://en.wikipedia.org/wiki/Electromagnetic_radiation) [flux density](https://en.wikipedia.org/wiki/Flux_density) ([DC](https://en.wikipedia.org/wiki/Direct_current" \o "Direct current)fields) or the change in an electromagnetic field over time ([AC](https://en.wikipedia.org/wiki/Alternating_current) fields), essentially the same as a radio antenna, but with quite different detection characteristics.

The two largest categories are single axis and tri-axis. Single axis meters are cheaper than tri-axis meters, but take longer to complete a survey because the meter only measures one dimension of the field. Single axis instruments have to be tilted and turned on all three axes to obtain a full measurement. A tri-axis meter measures all three axes simultaneously, but these models tend to be more expensive.

Electromagnetic fields can be generated by AC or DC currents. An EMF meter can measure AC electromagnetic fields, which are usually emitted from man-made sources such as electrical wiring, while [gaussmeters](https://en.wikipedia.org/wiki/Gaussmeter" \o "Gaussmeter) or magnetometers measure DC fields, which occur naturally in Earth's [geomagnetic field](https://en.wikipedia.org/wiki/Geomagnetic_field) and are emitted from other sources where direct current is present.