



Power Move #2 **Museum of Life and Science**

Free is nice, but it often comes with strings attached. Did you know that there is a Reddit feed entitled, “Your Free Stuff Sucks!”? That’s kind of mean. But hither and yon the careful observer can find free stuff that doesn’t suck, and even has some real value in it.

A local case in point— Durham’s state-renowned [Museum of Life & Science](#) offers a nice opportunity to visit several times a year for free. On *Durham Community Days*, Durham County residents get in for free!

The catch, at time of writing, there are only 11 free days in 2026. Perhaps they will add more. You can check here for [updates](#). Anytime a business, government or other provider *limits* something (e.g. maximum Roth IRA contributions per year), it is usually because it is a really good deal!

Ever notice the “Limit: 5” at the bottom of an item on sale at Costco. There is a reason I buy 5 buckets of Dunkin Donuts coffee at Costco, once a year, or whenever the [25% off deal](#) arises. See [Take10™ Power Move #7: Crack the Code @ Costco](#) for more Costco cheat codes.

Great deals usually don’t last forever. Like Costco, a museum needs to make money too. But all who visit Durham’s *Museum of Life and Science* get plenty of bang for their buck. This is especially true if you have children of any age in tow.

Excavating shark teeth, building tornadoes, riding the Ellerbe Creek Railway, opening one’s pores in the Butterfly House, ambling along the Dinosaur Trail, playing in the two-acre Hideaway Woods, exploring the Aerospace & Launch Lab, and visiting the rescued black bear and lemur habitats are just a handful of engaging activities for visitors of all ages. They have excellent educational programming and summer camps as well.

At the Museum of Life and Science, *kids under 3 years old are always free*. The cost of admission outside of the *Durham Community Days* is pretty steep, but well worth it if you have several hours or the whole day to enjoy it.

Something we certainly learned from co-parenting 3 daughters through childhood— **a day** at the *Museum of Life & Science* meant **a night** of sleep for Mom and Dad. That was priceless!

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