Items to Bring List

Family Wellness Days

Food & Drink

- Any snacks your family needs to stay happy and healthy during our time together
- Full Water Bottle - Many parks haven't turned on their water yet (as of June 7th)

Daily Must-Haves

- Closed Toed Shoes - No Sandals Please (unless we go somewhere with water!)
- Clothes that can get dirty to be active in (long sleeves and long pants on buggy days)
- Backpack to easily carry extra supplies in if we hike
- Water Bottle
- Sunscreen
- Bug Spray

Suggestions

- An empty bladder when possible! Parks bathrooms may not be open. Nature-pees are family decisions :)
- Hand sanitizer - You'll be asked to sanitize upon arrival - We will have extra!
- Brimmed hat or visor if you'd like to borrow mosquito nets
- Rain jacket & rain boots when needed (Moira will send weather updates)
- Sunglasses
- Sunscreen & Bug Spray
- Long pants/shirt on buggy days

Our Weather Motto

There is no such thing as bad weather (within reason), there's only bad clothing! We hope you can help your family be prepared so we can adventure in any weather: buggy, rainy, or otherwise. We do have poncho's & mosquito nets, a lot of sunscreen and bug spray so if you don't have those supplies, we can supplement.