



FOREST BATHING WALK CHECKLIST

BRING / WEAR

- Long-sleeved shirt, light-weight
 - Long pants, light-weight
 - Covered shoes with good traction
 - Socks over the ankles
 - Hat
 - Sunglasses
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PACK IN BACKPACK

- Towel/mat to sit on
 - Raingear, e.g. waterproof poncho
 - Mosquito repellent, fragrance-free
 - Sunscreen
 - Hand sanitizer
 - Water
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TO DO

- Sign waiver in advance at bit.ly/fbhiwaiver2020
- Arrive and check-in at location 15 minutes prior to start time
- Maintain minimum 6-foot/2-meter distance from non-household