

# FOREST BATHING IN A RAINFOREST CHECKLIST

## BRING/WEAR

- Cloth face covering &/or face shield
- Long-sleeve shirt, light-weight
- Long pants, light-weight
- Covered shoes, good traction
- Hat
- Sunglasses

## PACK IN BACKPACK

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

## TO DO

- Sign online waiver in advance: [bit.ly/fbhiwaiver2020](https://bit.ly/fbhiwaiver2020)
- Wash hands before arriving
- Arrive at Lyon Arboretum gate at approx. 8:45am
- Maintain minimum 6-foot/2-meter distance (from non-household)

## NOTES