

FOREST BATHING IN A RAINFOREST CHECKLIST



BRING / WEAR

- Vaccination card (hard copy or digital) or proof of recent negative COVID test result
 - Cloth face mask
 - Long-sleeved shirt, light-weight
 - Long pants, light-weight
 - Covered shoes with good traction
 - Hat
 - Sunglasses
-

PACK IN BACKPACK

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

TO DO

- Sign waiver in advance at bit.ly/fbhiwaiver2020
- Arrive and check-in at location 15 minutes prior to start time
- Wear mask in public areas (parking lot, Visitor Center, restrooms)
- Maintain minimum 6-foot/2-meter distance from non-household