



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
-

PACK IN BACKPACK

- Towel/mat to sit on [for FOREST + SOUND HEALING: a beach towel or yoga mat to lie on]
- Raingear, e.g. waterproof poncho
- Mosquito repellent, fragrance-free
- Sunscreen
- Water
- for FOREST + SOUND HEALING: eye mask or something to shield your eyes

TO DO

- Sign waiver in advance ([online here](#))
- Arrive and check-in at location 15 minutes prior to start time
- Maintain minimum 6-foot/2-meter distance from non-household