

FOREST BATHING CHECKLIST

CLOTHING & ACCESSORIES	✓
Socks: comfortable, warm/cool	
Jacket: light/heavy	
Rain shell if needed	
Rain pants if needed	
Gloves or mittens if needed	
Hat: sun/warmth	
Full length pants	
Sunglasses: optional	
Shoes: hiking boots, something comfortable to walk in. Waterproof if needed	
Dress in layers and comfortably	

EQUIPMENT	✓
Hand warmers if needed	
Water	
Small snacks if desired	
Bug repellent if needed	
Sunblock if needed	
Small mat or blanket to sit on if desired: HIGHLY RECOMMEND	

MISCELLANEOUS	✓
Cell Phone on silent, for pictures if desired	
Belongings out of sight in vehicle	
Parking permit, if needed	
Medications, if needed	



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