



## OPTION 2: 2019 Health & Wellness Day PACKING LIST

- Active wear or yoga clothing, weather-permitting layers and dri-fit are always best!
- Yoga Mat
- Comfortable shoes, sneakers or closed-toe shoes comfortable for activities.
- Hat
- Sunglasses
- Camera
- Lip balm
- Hair ties, Bobbi pins etc.
- Bug spray
- Sunblock
- Reusable water bottle
- Cash for vendors
- Additional layers socks scarves headbands etc.

Medication: allergy, asthma, ibuprofen, small first aid, feminine hygiene products etc.