

Picnic Checklist

By Lauren Meir

- Plan a Picnic
 - Check the weather beforehand.
 - Pick your picnic spot Make sure it's in a place you are allowed to be, such as a public campground or park.
 - Make sure the area is clean with a flat surface.
 - Dress accordingly for the season and weather conditions Bring a light jacket in case of wind or unexpected rain.
- Picnicking Equipment :
 - Large blanket or mat for sitting and ;lounging.
 - Portable/foldable chairs.
 - Portable table (if the area has no picnic table available).
 - Large umbrella This is to provide shade from the sun.
 - Large portable cooler for food and drinks.
- Picnic Utensils and Packing :
 - Disposable plates, cups, and cutlery.
 - Plastic containers and bags for food storage.
 - Thermos for hot or cold drinks.
 - Trash bags.
 - Larger serving spoons/forks.
 - Small cutting board and knife.
 - Napkins and paper towels.
- Personal Necessities:
 - Sunscreen
 - Umbrella
 - Bottled Water
 - Hats and sunglasses for additional sun protection.
 - Bathing suit and change of clothes (during summertime near swimming areas).
 - Sweatshirts and jackets during colder seasons and cooler days.
 - Backpack for smaller items like extra clothing or personal belongings.
 - Bug spray/Insect repellent
 - Hand sanitizer

- Pre-moistened clean wipes** For both hands and any equipment that might get dirty.
- Flashlight** If you are picnicking until evening.
- Dishsoap** If you have any large bowls or containers to clean, it's good to have.
- Toilet paper** In case there is no public restroom, or the facilities don't have enough toilet paper.
- First-Aid Basics** Band-Aids, antibiotic ointment, and ;alcohol ;swabs are essential to have in case of minor injuries.
- Eating Essentials:**
 - Sandwiches, subs, or wraps** These be filled with a variety of meats, cheeses and extras. Easy to pack and eat with virtually no clean-up involved.
 - Snack foods like chips, crackers, pretzels, or other munchies** Granola bars, trail mix, dried fruit and nuts are good for sweet snacking.
 - Salads** Regular mixed greens, cole-slaw and potato salad are all picnic favorites.
 - Fresh veggies** Cut up carrot sticks, peppers, cucumbers and other vegetables for snacking and dipping.
 - Dips and spreads** Bring packets of mayo, ketchup, mustard, salad dressings.
 - Salt and pepper packets, or any other ;seasoning ;you prefer.**
 - Fresh fruit** For dessert and all day snacking, fruits like watermelon will also keep you hydrated throughout the day.
- Entertainment**
 - Net for volleyball or ;badminton
 - Various sporting balls
 - Frisbee
 - Pack of cards
 - Outdoor toys for kids
 - Bicycle/tricycle, skateboard, or ;roller-blades** If your picnic spot is at a park or location with trails for these purposes.
 - If it's summer and your location is near a lake or swimming spot, go for a dip or try fishing.
 - Explore your surroundings** Go for a walk or hike. Dress appropriately!
 - Books/magazines** For ;leisurely ;picnic reading and relaxation.
 - Sketchbook and colored pencils** For the artistically inclined.