

# 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.