



What to Bring to Your Event:

Please share this list with your group to ensure everyone is prepared for the day!

1. Dress comfortably and appropriately for outdoor conditions.
2. Wear sneakers; no sandals or flip flops, please!
3. Bring a rain jacket and/or umbrella; we'll continue the program in the event of rain.
4. If desired, bring sunscreen and bug repellent.
5. Have enough water for an active day outside.
6. Personal first-aid items, such as an inhaler or an epi-pen.
7. Bring a small backpack to store your belongings.

If you have any questions, please call or email. We are looking forward to your session!