

OUTDOOR DAY PACKING

CHECKLIST

PACK WHAT MATTERS | LEAVE THE REST

DESTINATION _____ DATE _____ OUT UNTIL _____

BEFORE YOU PACK

- ☐ Check how long you will be out
- ☐ Check forecast, UV and storm alerts
- ☐ Confirm opening hours and tickets
- ☐ Check parking or permit details
- ☐ Check toilets and drinking water
- ☐ Check shade and seating
- ☐ Check food, cooler and chair rules
- ☐ Check dog and accessibility rules
- ☐ Note the distance from the car

ALWAYS PACK

- ☐ Water for everyone
- ☐ Simple snacks
- ☐ Essential medication
- ☐ Charged phone
- ☐ Tickets, maps or saved directions
- ☐ Payment and identification
- ☐ Sunscreen
- ☐ Hats and sunglasses
- ☐ Tissues or wipes
- ☐ Small trash bag
- ☐ Compact first-aid pouch

CHECK AND ADD

- ☐ Lightweight rain layer
- ☐ Sweater or fleece
- ☐ Insect repellent
- ☐ Picnic blanket
- ☐ Small cooler and ice packs
- ☐ Power bank and cable
- ☐ Dog water, bowl, leash and waste bags
- ☐ One simple toy or activity
- ☐ Binoculars or nature journal

CHILDREN - IF NEEDED

- ☐ Complete change of clothes
- ☐ Waterproof bag for wet items
- ☐ Child-specific medication
- ☐ Diapers and changing supplies
- ☐ One small comfort item
- ☐ Familiar snacks
- ☐ Own water bottle, if age-appropriate

KEEP IN THE CAR

- ☐ Extra water
- ☐ Towels
- ☐ Complete clothing changes
- ☐ Dry shoes or sandals
- ☐ Larger first-aid kit
- ☐ Blankets
- ☐ Folding chairs
- ☐ Additional food
- ☐ Nonessential toys

Only when the car will remain within easy reach.

LEAVE BEHIND

- ☐ Duplicate toys or jackets
- ☐ Full-size containers
- ☐ Perishables you cannot keep cold
- ☐ Bulky items you are unlikely to use
- ☐ Valuables unsuited to dirt or rain
- ☐ Camping or specialist survival gear

NOTES FOR THIS OUTING

FINAL FIVE-MINUTE CHECK

- | | |
|---|---|
| ☐ Water bottles filled | ☐ Hats and sunscreen ready |
| ☐ Medication is in the day bag | ☐ Suitable shoes on everyone |
| ☐ Forecast checked again | ☐ Perishable food chilled |
| ☐ Tickets and directions saved | ☐ Car backups loaded |
| ☐ Phones charged | ☐ Unnecessary items removed |

QUICK SAFETY NOTE: KEEP CHILLED FOOD AT 40°F (4°C) OR BELOW. IF THUNDER IS HEARD, MOVE INDOORS.