

PICNIC CHECKLIST

Step one: Preparation

Prepare a list of all the food and drink you want for your picnic. If you are making any of the food yourselves then make sure you have a recipe and required ingredients. Buy the food and ingredients you need the day before your picnic.

Make sure you have a picnic bag ready. Don't forget useful utensils, such as cutlery, napkins, picnic plates and cups/bottles to drink from. Also, if you have any dairy, pop a pre-chilled ice block in the picnic bag. Don't forget hand wipes for mucky fingers and a blanket/cushions to sit on.

Step two: Health and Safety

If it is a hot and sunny day make sure you pack sun cream. Pick an area to sit away from stinging plants and biting bugs. Pack insect bite cream, just in case, and plasters. A sun hat and sunglasses to protect you from the sun.

Step three: Fun & Games

Check out our next blog on Wednesday 8th July 2020 for ideas for fun games and activities for all the family at your picnic. You may choose to take a simple frisbee and skipping rope or a nice book to read!

