



PICNIC CHECKLIST



As you head out this summer to enjoy the warm weather and outdoor activities, here's a checklist to help ensure you have everything for a safe and enjoyable outing for you and those you support.

Health & Medical

- Medication (following MAP, if applicable)
- Emergency medications (e.g., seizure rescue meds, EpiPen if prescribed)
- Allergy list and medical history summary
- Emergency Fact Sheet
- First Aid Kit

Personal Care & Hygiene

- Toileting supplies (briefs, wipes, extra clothing)
- Hand sanitizer/gloves
- Feminine hygiene products (if applicable)

Sensory & Behavior Supports

- Comfort items (fidget tools, headphones)
- Reinforcers (preferred snacks, etc.)

Dining Guidelines

- Food that remains safe to store and serve during hot weather
- Food consistent with dietary guidelines (texture-modified, allergies, etc.)
- Liquid Thickener, if required
- Adaptive utensils and feeding equipment
- Equipment to allow food to be prepared to correct consistency

Personal Necessities

- Plenty of water
- Sunscreen (SPF 30 or greater)
- Insect repellent
- Personal assistive devices (Hearing aids, Glasses, Dentures, etc.)
- Mobility support (wheelchair, walker, gait belt if needed)
- Hats and sunglasses
- Towels, if swimming planned
- Change of clothes

Picnic & Outdoor Equipment

- Check the weather beforehand
- Information about site you will be visiting (bathroom and wheelchair access, parking etc.)
- Make sure area is clean with flat surface
- Dress according to the season and weather conditions
- Large blanket or mat for sitting
- Portable/foldable chairs
- Large umbrella/canopy to provide shade from the sun
- Large portable cooler with lots of ice
- Plates/Cups/Utensils/napkins
- Enough staff to ensure safety and meet staffing ratios
- Trash bags

Entertainment

- Various sport balls
- Outdoor toys
- Magazines/Books
- Colored pencils/Paper

Communication & Safety

- Fully charged cell phone
- Communication devices
- Emergency contact list
- Portable charger

What to do upon return to home

- Wash hands
- Rehydrate
- Check for ticks, bug bites, and stings
- Check for sunburn
- Shower
- Perform oral care