

Basic Picnic Checklist

By Sherry M. Lewis

- Food and drinks**
 - Main course** Pre-made finger foods usually work best and give you more time to relax at the picnic.
 - Caution foods** Avoid dishes that use mayonnaise because it has a tendency to spoil.
 - Dessert** Consider easy to eat, ripe and in-season fruit or easy to grab cookies or brownies for dessert.
 - Condiments** Pack the basics: ketchup, mustard and salt and pepper. Find small picnic sized containers or make your own.
 - Drinks** For children, bring what you know they like to drink best. Adults should be happy with soda or beer. Just be sure to have enough bottled water for everyone. Try to avoid any drinks that come in glass bottles.
 - Grills** Unless you plan to use an already provided grill or bring your own Hibachi.
- Tableware**
 - Plates and eating utensils** Throw-away will make your clean-up more simple. Also include a cutting knife and small cutting board.
 - Cups** Use a size plastic glass that allow enough room for ice and the beverage.
 - Napkins** Bring plenty including a roll of paper towels and antibiotic wipes.
- Storage containers**
 - Coolers** Have one for drinks and lot of ice and another for perishable food.
 - Baggies** It is difficult to beat the convenience of a Zip lock bag, but stackable plastic containers also fit well in an ice chest.
- Seating**
 - Tables and chairs** If you must bring your own picnic table, find a lightweight fold-up style with a few chairs for adults.
 - Beach umbrellas** Bring along small beach umbrellas that attach to a chair for instant shade.
 - Beach chairs** These are more comfortable than sitting on a blanket.
- Clothing**
 - Change of clothes.** Accidents and spills happen!
 - Something warm** Nights can get chilly so take a jacket or sweatshirt for everyone.
 - Hats.** This can help prevent sunstroke
 - Bathing suit** If you plan to go swimming or just lay out for a tan, you will need your swimsuit.
- Fun activities**

- Games** If your picnic is a family event you kids will have hours of fun with well planned activities like Frisbee, volleyball, badminton, Wiffle ball or even a scavenger hunt for younger children.
- Books** For the less athletic who want to relax, make sure they bring a book or magazine.
- Miscellaneous**
 - Basket** Preferably, one designed for a picnic.
 - Sunscreen** Find an easy to use spray with minimum SPF 15.
 - Insect repellent** Non-toxic sprays are handy to use. Also, if your picnic goes into early evening, bring citronella candles with a sturdy base.
 - Flashlight** Not just a must for early evenings, but the kids can have fun using it to look for bugs.
 - Garbage bags** You will need these if you picnic in an area without trash receptacles.
 - Bottle opener** Only necessary if you bring glass bottles.
 - Wine opener** If wine is in your cooler, do not forget your wine opener.