

ESSENTIALS FOR COMFORT IN THE GREAT OUTDOORS

As we strive to spend less time sitting on the couch and more time outside with our families, one way to be ready for an impromptu outing is to have all the necessities packed and waiting in the trunk of your car. Whether you have time for a serious trek, stroll at the beach or family picnic at the park, here are a few tips on what to pack in your “adventure bag” that are sure to enhance your outing.

Comfort is key for outdoor frolicking so go prepared -- pack the essentials and don't get bogged down. Remember to hydrate before you depart - fluids are heavy but you should bring water with you and a healthy snack such as granola bars or dried fruit. If you are planning a lengthy excursion, remember to bring a back-up battery for your cell phone just in case. Depending on how long you are planning to be out, take along some sunscreen for a second application, a sensible hat for sun protection and an extra layer for warmth for cooler evenings.

Here are a few tips that will add to your enjoyment:

- **Make sure your guests do not include biting pests.** Choose an area mosquito repellent to avoid DEET and messy sprays and lotions. ThermaCELL products are 98% effective in fighting mosquitoes, black flies and no see-ums, according to tests conducted by the U.S. Department of Defense. Both the lanterns and appliances are portable and create a 15ftx15ft comfort zone from biting insects. They are particularly useful on decks and patios, little league games and sporting events, picnics, camping and outdoor parties.
- **When nature calls, be prepared.** Include a couple P-Paks in your bag. These portable urine absorbent pouches contain a material that turns any fluid into an odorless, spill-proof gel. They are biodegradable, nontoxic, and waste disposal safe. This unisex urinal is puncture resistant and has a spill guard, making it easy for all members of the family to use. They are perfect for camping trips or long car rides.
- **Don't forget an extra pair of shades.** Sun glasses with 100 percent UV protection shields your eyelids from skin cancer and prevents wrinkling around the eyes. Wearing shades can also prevent damage that leads to cataracts and macular degeneration. Children should wear sunglasses too as their eyes are most at risk of absorbing UV light, which harms the retina.
- **Bring your camera.** Capture the image for a lifetime of enjoyment and sharing. Digital cameras are slim, lightweight, and easy to pack. If you don't want to worry about your expensive camera, bring a disposable version as they take surprisingly good pictures.
- **Watch for ticks!** More prevalent in the Northeast and Midwest, Lyme disease is caused by deer ticks and usually shows up in the form of a rash that looks like a bull's eye. If you're going to spend time outside, remember to tuck your pants into your socks, wear long sleeve shirts and do a thorough nightly tick check, including the scalp and creased areas like the back of the knee, where ticks like to feed.
- **Protect your lovely locks.** The seasonal mix of chlorine, sea salt, wind and sun exposure can cause a bad-hair day. Prevent damage to your strands by applying a water-resistant, moisturizing spray containing palm oil or shea butter. After a swim, use a clarifying shampoo, or try a three-minute hair mask made of almond oil if your hair needs to be repaired.

Tips provided by ThermaCELL, leaders in providing comfort in the outdoors. Visit www.thermacell.com to learn more about their product selection including ThermaCELL Mosquito Repellent products.

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