



Nature Bathing Warm Reminders for Participants

Items to bring :

- Drinking water (1 liter/person)
- Clothes suitable for mudflat activities
- Shoes suitable for mudflat activities
- Spare clothes
- Clothes to stay warm
- Personal medicine
- Hat
- Handkerchief
- Light snack/drink
- Raincoat or umbrella
- Light backpack
- Natural anti-mosquito products
- A happy heart

Items not suggested to bring :

- Valuable belongings
- Disposable items
- Mosquito stickers/tapes
- Worries or troubles

Important Information :

- The activity is subject to change due to weather conditions.
- Please love and respect nature and keep the habitat of animals and plants quiet.
- Avoid buying disposable items, consider reusing or retrofitting.
- Put down your phone temporarily and cherish the time in nature.
- Avoid using chemicals such as mosquito repellent, sunscreen, etc. that may pollute the water source and ecology.
- Take away everything you bring into nature.
- Participants with special personal health conditions (e.g. pregnancy, heart disease, high blood pressure, asthma or other chronic diseases, or have taken medication on the day of the activity), please inform our staff before the event.

