

## Heat Relief Kit Checklist

- Lunch/Tote Bag (insulated preferred)
- Bottled water
- 🗌 Sunscreen (any size)
- 🗐 Lip Balm (+SPF preferred)
- Small Towel/Cooling Wrap/Solid Grey Bandana
- **Pair of Sock**s

\*Bonus Items

- $\diamondsuit$  Insulated Water Bottles (the bigger, the better)
  - Sun Hats or Baseball Caps
  - Sunglasses
  - **Electrolyte Packets**
  - Aloe Vera Gel
  - Umbrellas



