

# MY #BLUEZONES CHECKLIST FOR A

# WEEKEND TRIP

## SEEING THE SIGHTS

- SHOES FOR WALKING + ENJOYING THE SIGHTS ON FOOT

- LOOK INTO BICYCLE RENTALS

- STREET MAPS & TRAIL MAPS

## WHAT'S IN MY DAYBAG



- WATER BOTTLE: FILL 3X/DAY

- SUNSCREEN

- SUNGLASSES

- NUTS + OATS TRAILMIX

- UMBRELLA: KEEP MOVING ANYWAY!

## EAT & DRINK

- WHAT'S THE LOCAL DISH?

- LOOK FOR PLANT SLANT OPTIONS

- WINE @ 5 WITH THE LOCALS

