

Thank you for registering for Forest Bathing at Franklin Park with The Emerald Necklace Conservancy on Saturday, June 1st from 10:00AM - 12:00PM. My name is Tam and I will be guiding the walk and I look forward to meeting you.

Please read this entire page and taking care to share all allergy and health info as mentioned.

Arriving:

Please arrive about 15 minutes before we start. If you need to change your registration before the walk, please contact Kent Jackson: kjackson@emeraldnecklace.org

Meeting Location:

Franklin Park, Boston, MA 02130

Circuit Drive Parking Lot #5

(across from Schoolmaster Hill near intersection with N. Jewish War Veterans Drive)

- Directions: [Franklin Park](#)

No Bathrooms:

Please note that there are ***NO restrooms*** in the area we will be walking.

Allergies and Health Conditions:

I will be serving a beverage and a snack.

Please let me know if you have any dietary restrictions or allergies.

Please let me know if you have any health conditions that I should be aware of such as:

- Impaired Vision or Hearing Loss
- Diabetes
- Anaphylactic Allergies - Do you carry an EpiPen? Or other fast acting meds?
- Mobility Limitations
- Heart Condition

Suggested List of What To Bring

These are simply suggestions. It is important to feel comfortable on the walk whether that means bringing nothing or bringing all these items and maybe a bit more:

- A light backpack to carry whatever you bring so that your hands are free
- Something to sit on such as a light camp chair, foam pad, blanket, towel or small tarp. We will be sitting and the ground may be wet or cold. Keep in mind that we will be moving and not returning to the same spot so if you do bring something to sit on, make sure its light, packable and easy to carry.
- Comfortable Walking Shoes and Comfortable Clothes with an extra warm layer. Be prepared for cooler temperatures and possible rain. *Unless there is a significant downpour or storm, we will still walk in the rain or snow so bring whatever you need to feel comfortable while walking and sitting*
- Bottle of Water, Bug Repellant, Sunscreen