

# JUNE

## Great Outdoors Month



What better way to enjoy summer than by exploring the beauty of national parks? The National Park Service manages over 400 recognized parks across the U.S., including 63 formally designated National Parks such as Acadia, Yellowstone, and the Grand Canyon.

### Explore the Great Outdoors This Summer!

While many major parks may require a long drive or flight, there could be one closer than you think making for a perfect day trip with family, friends, and even your pet. National parks are not solely about hiking trails and trees. The National Park System encompasses battlefields, memorials, monuments, rivers, and reserves, providing a diverse range of outdoor activities.

Click [HERE](#) to locate a park near you and discover fun activities for you and your loved ones!

### Plan Ahead

If you are heading to a park this summer, preparation is key, especially in the heat! Be sure to pack the following items to ensure a safe and enjoyable adventure:

- **Plenty of fluids and snacks:**
  - » Water and electrolyte drinks
  - » Hydrating snacks such as fruits and vegetables
  - » Energy-boosting foods such as meats, cheeses, hard-boiled eggs, energy bars, and nuts
- **Other essentials:**
  - » SPF 30+ sunscreen (be sure to reapply every 80 minutes)
  - » Bug spray
  - » First-aid kit containing essentials such as band-aids, wipes, pain relievers, tape, scissors, tweezers, and more
  - » A light, packable rain jacket or umbrella in case of rain

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

### 10 Healthy On-The-Go Park Snacks

1. Trail mix
2. Apple slices with nut butter
3. Bell peppers with hummus
4. "Cuties" oranges
5. Cheese sticks
6. Apple sauce pouches
7. Dried fruit
8. Pickle spears
9. Pretzel sticks
10. Popcorn

### Sources:

- <https://www.nps.gov/index.htm>
- <https://www.nps.gov/planyourvisit/recreation.htm>
- <https://healthylearn.com/connerstrong/hn/store-picnic-food-safely.html>

