

Forest Echo Preserve Day: Forest Showering
Forest Echo Bird Sanctuary, West Center Hill Road, Dallas, PA, United States
July 5, 11:00 a.m.–1:00 p.m.

What is forest bathing or forest showering?

Shinrin-Yoku, also known as forest bathing, is becoming a popular practice of nature-based wellness. Forest bathing has been extensively researched by the Japanese medical community. This research has resulted in a body of knowledge related to personal wellness benefits. Documented benefits from connecting with nature through all five senses during a slow walk, even for a short period of time, have been shown to have a positive wellness impact. Several documented benefits include reduced blood pressure, reduced heart rate, lower blood-sugar levels, boosting the immune system, improving concentration and memory, and improving energy, to name a few.

A forest shower is a shortened version of forest bathing. A forest shower is perfect for when you are limited in the amount of time you have available to spend in nature or your nearby nature options are limited.

What will I be doing during forest bathing or forest showering?

With both forest bathing and forest showering, think slow pace and short distance with time available to experience the natural world through your senses. We will be walking slowly. We will be stopping for periods of time in order to explore, interact, and connect with the environment through our senses.

What time should I arrive?

Please arrive at 10:45 a.m. in order to sign in. The walk will begin at 11:00 a.m.

How long will this forest bathing experience last?

The duration of the walk will last about 1.5–2 hours. Remember, we will not be walking the entire time. There will be stops along the trail for sensory exploration of nature.

What should I bring?

Personal drinking water and a light snack.

Wear UV-safe sunglasses.

Sunscreen should be applied to any skin that is exposed. It is also good to use a lip balm to protect your lips.

What should I wear when forest bathing?

Any outdoor activity requires special consideration of clothing choices. In July, the late-morning and early-afternoon hours can range from pleasantly warm to unbearably muggy. These daily changes in the weather can be unpredictable.

Consider wearing the following.

Lightweight, moisture-wicking fabrics that allow sweat to evaporate. For the layer closest to your skin, wear "moisture-wicking" fabrics such as polypropylene to wick the sweat off your skin.

Light colors. Look for shirts, shorts, and pants in white, tan, or khaki. These colors are also beneficial for spotting ticks.

Convertible or zip-off pants offer more sun protection than shorts and can be rolled up or zipped off when temperatures rise.

Loose, breathable clothing. Nylon and polyester are good choices.

Clothing with vents. Some shirts, shorts, and pants designed for hiking incorporate vents. Opening these up on a hot day helps improve airflow.

UPF-rated clothing, which will offer sun protection.

A sun hat with a brim that goes all the way around is a good choice. This style of hat protects your face, ears, and neck.

A neck bandana, sun-protective neck gaiter, or other lightweight cloth that can be dunked in water and worn over your head or around your neck to keep the back of your neck cool and covered while the water evaporates.

A moisture-wicking pair of socks, not cotton socks (choose wool or synthetic instead), and make sure they fit well. Socks that are too big can have wrinkles that rub, and socks that are too small can create pressure points and sock slippage.

Proper footwear. Lightweight, breathable hiking boots or trail runners are ideal.

**** Bring along a lightweight, water-resistant jacket. This is good to have handy if the temperature drops unexpectedly, it becomes windy, or there is an unexpected rain shower.**

What else should I bring when forest bathing?

Insect repellent: Mosquitoes, ticks, and other biting insects are more prevalent in the summer.

Rain gear

Trekking Poles/Walking Stick

Final Note

Please leave your smart watch and/or cell phone behind or turned off completely to support your ability to be less distracted during our activities.

Please have personal medical or health information with you and inform me of any necessary personal medical or health information.