



PREPARE FOR AN UNFORGETTABLE ADVENTURE IN FORESTAL PARK TENERIFE



Are you coming to Forestal Park Tenerife? Check with this checklist if you have everything you need to enjoy an unforgettable experience.

DON'T FORGET (COMPULSORY)

- ☐ Long hair up
- ☐ Closed sports shoes with good foot support
- ☐ T-shirt that covers the waist



HIGHLY RECOMMENDED

- ☐ Sweatshirt / Fleece and raincoat (all year)
- ☐ Long trousers (all year)
- ☐ Anorak or warm jacket (October to June)
- ☐ Gloves that allow good finger movement
- ☐ Woollen hat (October to June)
- ☐ Scarf or neckerchief (October to June)
- ☐ Replacement clothing

LEAVE AT HOME (FORBIDDEN)

- ☐ Jewellery, watches and piercings
- ☐ Sandals, flip-flops, high heels.
- ☐ Selfie-stick



GOOD IDEAS



A small, lightweight waist pack or backpack to carry your personal belongings at all times.



Attach a fun lanyard to your eyeglasses so they don't fall off.



If you want to bring a video or photo camera, carry it in a chest harness, in a holster on your belt, etc. but you can't carry it in your hands. When you get home share the adventure with the hashtag **#forestalparktenerife**.

SUSTAINABLE IDEAS



Bring a **plastic bag to take your waste** with you and dispose of it in the appropriate container in the city.



If you bring your food, bring it in a tupper or, if it is a sandwich, wrap it in a tea towel **to avoid unnecessary packaging**.



Bring your **reusable water bottle or canteen** so you don't generate more waste or leave plastic bottles abandoned in the forest.



Share transport, reduce pollution.



Follow the **indications and regulations of the environment** in which you are in order to conserve the Protected Landscape of Las Lagunetas.

Live the adventure!



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