



Out & Grown

Summer Adventure Basics



in partnership with **L.L.Bean**

Summer Layering

Sometimes, more clothing can work better than fewer layers in the heat! Lightweight layers like long sleeve shirts with sun protection or lightweight hiking pants help wick away moisture, offer sun protection, and protect against biting insects.



Grab a Hat

Wide brimmed hats offer shade and sun protection.



Keep it Light

Select lighter colors, as they absorb less heat from the sun and some insects like ticks are less drawn to them



Go Synthetic

Stick with synthetic fabrics for moisture wicking capabilities

PRO TIP: MUSLIN BABY BLANKETS

Light muslin baby blankets are a great (breatheable) summer resource! Use them to throw a quick shade over baby in a stroller, or to drape over your carrier to keep them out of the sun when baby is too little for sunblock. They also are great impromptu picnic blankets especially with older kiddos and they pack up small.



Summer Baby Carrying

Remember infants are less able to sweat so they get hot faster than adults



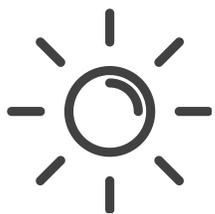
Try out different carrier options! Cotton or linen woven wraps, or soft structured carriers with mesh are more breathable. Or try a frame carrier that keeps baby a little further from your body.



Grab moisture wicking layers for you and baby!



Make a Plan!



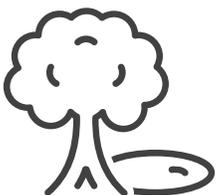
TIME OF DAY

The sun is hottest from 11am-3pm, so head out for your adventures outside of these hours. Take advantage of the long summer days by going out early in the morning (especially if you've got an early riser!) or in the evening.



WHERE TO GO

Picking shady areas on the hottest days make sense, but if you don't have many near you, search for water. Include a stop at a river, lake or splash pad during your adventure to cool off. Just remember to bring dry clothes for the trip back to the car.



Stroller Tips

• Accessorize

Clip a battery operated fan on your stroller, or pick up a cooling seat liner.

• Circulate Air

Many strollers have removable backs, or flaps to allow more air flow. Be sure to open all of these to keep baby cool!

• Wet Towels

Pack a few wet towels with an ice pack and toss them into a waterproof bag. Wipe baby down or throw one across your neck to cool down.