

Take It Outside

Whether you're heading to a campsite, beach or music fest, pack these handy items for the great outdoors.—*Sheri Radford*



Low-fat, low-sodium, gluten-free, dairy-free, vegan Mango Apple Chia Bar by Kind, at Shoppers (page 39) or Whole Foods (page 31)

Leak-proof and airtight Rubbermaid Brilliance food storage container that can go in the microwave, dishwasher or freezer, at London Drugs (page 38) or Walmart (page 29)



Heatloft Asym Jacket, ideal for keeping warm during or after a workout on a chilly day, by New Balance (page 35)



Anita Active sports bra with adjustable padded straps, available in cup sizes AA to H, at Diane's Lingerie (page 32)



Travel Light Daypack, which can be stuffed into its own interior pocket once the foam back pad is removed, by MEC (page 34)



Moisture-wicking, quick-drying, antimicrobial T1 Short Sleeve Crew, by MEC (page 34)

Cute and colourful Curated Socks by Smartwool, made from ultra-thin Merino wool, at MEC (page 34)



SHOPPING SHUTTLE No car? No problem. Every day until the end of the month, Tsawwassen Mills (page 25) offers free twice-daily shuttles from downtown and Richmond.