

Wise Owl Outfitters | Blog - 5 Relaxing Things to Do Outdoors in the Summertime | August 2021

Social Media Caption: Now that it's summer, it's time to relax, unwind, and enjoy the outdoors. But if you're struggling to come up with relaxing things to do, check out our latest blog post for some fun ideas! #WiseOwlOutfitters #summertime

5 Relaxing Things to Do Outdoors in the Summertime



[Image Link](#)

Summer is finally here, which means it's time to kick back and relax! But with the warmer weather and extra hours of daylight, you shouldn't stay cooped up in the house watching TV or scrolling through social media.

There are so many other fun **things to do outside** that will help you make the most of your time off. Whether it's chilling in a **portable hammock** with your favorite book, going for a long hike in the woods, or just doing a little yoga on the grass, it's better to go outside and get some fresh air. In this article, we'll give you a list of **relaxing things to do** outdoors so you can **enjoy your summer** and have some fun!

How Can I Relax in the Summer?

We all know the struggle of trying to come up with **things to do in the summer**. If you're at a loss for ideas, here's a list of five **relaxing things to do** for the warm and sunny season.



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1. Read a Book in a Hammock

One of the best ways to **enjoy summer** is to ditch technology for a little while and curl up on a hammock with a book. Whether you're reading on your front porch, in your backyard, or somewhere else in nature, it's nice to catch up on your reading list while enjoying the summer breeze. And in case you get hungry, you can take some snacks with you.

If you're thinking about reading in a hammock, try to find a shady spot that's comfortable for you. Since you may have to test out a few locations, it's best to use a **portable hammock** that's easy to move around and set up. Feel free to check out our [Homebody Hammock Chair](#) and our [collection of other portable hammocks](#) to make your next reading session more relaxing!



[Image Link](#)

2. Go Camping

If you're looking for some [fun outdoor activities](#) that will allow you to enjoy nature, then grab your camping gear and set off on an adventure with some friends and family. Here's a list of camping essentials that you don't want to leave behind:

- Tent (with [footprint](#) and [stakes](#))
- Mallet or hammer for tent stakes
- Sleeping bag
- [Towel](#)
- Headlamp or flashlights with extra batteries
- [Camping mat](#) or [blanket](#)
- Camp table and chairs
- [Camping / travel pillow](#)
- [Portable hammock](#) (with [hanging kit](#) and [tree straps](#))
- [Hammock bug net](#)
- [Rain tarp](#)
- Eating and cooking utensils
- Pots and pans
- Matches or [lighters](#)
- Mugs or cups
- Trash and recycling bags
- Biodegradable soap
- Sponges
- Dish towel
- Toiletries
- First aid kit
- Toilet paper
- Insect repellent
- Sunscreen

Camping is one of the most [fun activities to do with friends](#) and family if you're a nature person. Whether you're sitting around a campfire roasting marshmallows, telling scary stories at night, or singing campfire songs, there are many ways to make the most of your outing!



[Image Link](#)

3. Go for a Long Hike

Hiking is a great way to relieve stress, refresh your mind, and get some exercise into your day. Regardless of where you decide to hike (a beginner's trail, famous mountain, or 14er), the important thing is to enjoy yourself and the scenery around you. In fact, we recommend bringing a [portable hammock](#) if you're thinking about making a few stops along the way to take in the views.



[Image Link](#)

4. Do Some Yoga or Meditation

One of the most [relaxing things to do](#) in general is to practice yoga or a form of [deep meditation](#). And did you know that this stress-relieving activity comes with a range of benefits? If you want to enjoy the health advantages of increased strength, flexibility, bone health, and blood flow, then doing a bit of yoga or [deep meditation](#) may be just for you.

Yoga and meditation are already pretty peaceful, but if you want some true **yoga relaxation**, then try moving your yoga mat to a quiet space outdoors. After all, there's nothing better than hearing the sounds of nature as you refresh and clear your mind.



[Image Link](#)

5. Do a Little Gardening

Do you enjoy **pretty gardens**? Now that you have some downtime, you can make your own at home! Gardening requires a lot of time, attention, and patience, but in the end it's all worth it. Whether it's fruits, vegetables, flowers, or herbs you want to grow, making your own garden is one of the most **calming activities** you can do to relieve stress and improve your mood — thanks to the serotonin-releasing soil bacteria!

Is it Okay to Relax During Summer?

At the end of the day, we all need a break from our busy schedules. Even if you still have things to do for work, make sure to take time off for yourself and plan some **relaxing activities**. If there's one thing to takeaway from all of this, it's to prioritize yourself first. After all, you don't want to experience burnout from constant work and stress. So now that it's summer, get outside and enjoy your time off!

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