

YOUR GEAR HERE

Happy camper

When you think of tents, do you picture Fashion Week instead of Yosemite? Never fear, roughing it is so yesterday. These easy-to-tote items let you go wild with style. Ready, set, s'mores!



Nothing to bug you

This chair is pretreated with odorless repellent, meaning the built-in drink holder just might lead to the only buzz of the night. \$65; TravelChair.com



Light on your feet

Don't dread the wee hours—skip to the loo in these LED flip-flops. They are also great for setting up camp and gathering firewood in the dark. \$50; Teva.com



Save face

Prechill this waterproof, insulated case in the freezer to keep makeup, meds or snacks from melting en route. \$40; Cool-ItCaddy.com



Get charged up

No need for batteries with a solar-powered flashlight-radio. Cloudy day? Use the hand crank. And it has a USB port to fuel other essential gadgets. \$40; Brookstone.com



Ray ban

Wicking, sun-shielding material saves you from reapplying sunblock on a sweaty hike and lets you enjoy goop-free coziness post-swim. \$40 to \$60; Coolibar.com



H₂O on the go

Pack light—UV light, that is—on your next hike, and purify that sparkling stream water in 48 seconds. The reusable pen zaps more than 8,000 canteens' worth of water. \$100; BuySteripen.com



Enjoy the game without throwing your healthy eating a curveball.

HOME PLATE

Healthy hits at the game

Buy me some sushi and Cracker Jack? Yes! Beat ballpark binges with SELF's guide to covering your nutritional bases.

PREGAME WARM-UP Check options online via stadium websites, then look up calories at NutritionData.com so surprises like a seemingly innocent fresh-squeezed lemonade (300 calories!) won't come out of left field.

STRIKE OUT ON YOUR OWN Most ballparks let you bring a 16" x 16" x 8" cooler (think two six-packs) with food and nonalcoholic drinks. If you want beer, you'll save cash and calories by alternating it with water you've brought. And you'll stay hydrated—and keep a clear head, making for smarter snacking.

PEANUTS OR CRACKER JACK? We cry foul on roasted peanuts; a cup has 863 calories. Better: boiled nuts, at 572 calories per cup and 10 times the antioxidant flavonoids. Best: a box of Cracker Jack, with 2 grams of fat and 120 calories. Portion control, whole grains (popcorn) and a fake tattoo? Sweet!

SIT TIGHT Bypass fried temptation at the kiosks by using the new At Bat app (MLB.com; not in all parks) to have sushi, which a third of ballparks sell, delivered to your seat. Yes, you'll burn fewer calories than hiking to the counter. But you'd have to run the bases 197 times to work off impulse-buy nachos.

KEEP YOUR PAYROLL LOW The trend of all-you-can-eat seats, now in a third of parks, offers value—and potential diet disaster. A hot dog combo is cheaper and healthier: Franks have about 320 calories; fewer when they're kosher.

ROOT FOR THE FARM TEAM All 30 major league stadiums serve up vegetarian options, some offer vegan, and a handful sell whole-if-slightly-pricey fresh fruit and veggies. Whatever the score, you can head home a winner. —Sascha Zuger

DYLAN LAUREN'S TREAT OF THE MONTH

COCOA POWER

Two tablespoons of NewTree Noir dark chocolate spread have only 77 calories, plus 3 g of fiber, which promotes calcium absorption. Try it on fruit or a whole-grain waffle. \$10; DylansCandyBar.com

