

Spring Packing List

Clothes: The mornings and evenings can be chilly (lows in the 40's) but generally the mid-day temperatures warm up to be in the 50's-70's. Of course we are sleeping in a heated lodge so when we are inside you will be comfortable.

- _ Yoga clothes (pants, indoor top and long sleeve layer for outdoor practices)
- _ Sweatshirt/light jacket
- _ Rain jacket & pants
- _ Warm jacket
- _ Warm layer for evening (long johns)
- _ Swimsuit
- _ Socks (one warm pair)
- _ Underwear & Sleeping Attire
- _ One "formal" outfit for final evening
- _ Beanie or warm hat
- _ Scarf for meditation
- _ Light gloves (optional)

Shoes:

- _ Hiking Boots or good trail shoe for hiking
- _ Slippers
- _ Running Shoes (if desired)
- _ Casual shoes that slip on and off easily are nice

Other Items:

- _ Water bottle (non-glass)
- _ Journal with pen or pencil
- _ Toiletries
- _ Personal medications (if necessary)
- _ Sunglasses
- _ Sunscreen (small amount needed)
- _ Camera (remember you will not have access to your phone)
- _ Headlamp or flashlight
- _ Small hiking backpack or beach bag
- _ Reading Book
- _ Personal yoga mat (if desired)
- _ Cash for lodge host's gratuity, shopping or therapeutic treatment
- _ Wine, Beer or Drink of Choice (optional)

