

## Summer Packing List

Clothes: Think lightweight summer attire that you will be comfortable in.

- Yoga Clothes
- Comfortable Evening Clothes
- Rain Jacket
- Warm layer for evening (sweatshirt/light jacket)
- Swimsuit
- Socks (one warm pair for cool evenings)
- Underwear
- One nice outfit for closing ceremony
- Long sleeve sun shirt if desired
- Sunhat or baseball hat for sun protection
- Beanie or warm hat for cool mornings
- Scarf for meditation

Shoes:

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

Other Items:

- Water bottle (plastic please)
- Journal with pen or pencil
- Toiletries
- Medications
- Sunglasses
- Sunscreen
- Camera (not your phone)
- Headlamp or flashlight
- Beach towel
- Small hiking backpack or beach bag
- Reading Book
- Personal yoga mat (if desired)
- Cash for lodge host's gratuity, shopping or therapeutic treatment

Yoga Inbody provides Jade yoga mats, block, straps and other yoga equipments. Namaste.

