
Spring Packing List

Clothes: June is generally warm and sunny but there is always the chance of storms. The lodge is heated but we practice yoga outside unless it is stormy. We want you to be comfortable.

- _ Yoga clothes (pants, indoor top and long sleeve layer for outdoor practices)
- _ Sweatshirt/light jacket
- _ Rain jacket & pants (optional)
- _ 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 (only if desired)
- _ Cash for lodge host’s gratuity, shopping or therapeutic treatment
- _ Wine, Beer or Drink of Choice (optional)

