

## Summer Packing List

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

- \_ Yoga Clothes (We have 2 classes a day)
- \_ Comfortable Evening Clothes (More yoga clothes are great or perhaps a skirt)
- \_ Rain Jacket
- \_ Swimsuit
- \_ Socks
- \_ Underwear
- \_ One nice outfit for the Final Night's Social
- \_ Long sleeve sun shirt if desired
- \_ Sunhat, Visor or baseball hat for sun protection
- \_ Beanie or warm hat for cool mornings if desired
- \_ Scarf for meditation (optional)

Shoes:

- \_ Hiking Boots or good trail shoe for hiking \*\*\* Good idea to wear these day 1 to hike to lodge.
- \_ Running Shoes (if desired)
- \_ Casual shoes that slip on and off easily (Flip Flops or Sandals)

Other Items:

- \_ Water bottle (non-glass please)
- \_ Journal with pen or pencil
- \_ Toiletries (We provide shampoo and conditioner at Ram House Lodge)
- \_ Medications
- \_ Sunglasses
- \_ Sunscreen
- \_ Camera (not your phone)
- \_ Headlamp or flashlight
- \_ Beach towel
- \_ Small hiking backpack or beach bag
- \_ Reading Book
- \_ Personal yoga mat (only if desired)
- \_ Cash for lodge host's gratuity, shopping or therapeutic treatment
- \_ Printed photos of your family or home to share with group

