

Mountain Yoga & Wellness Retreat
Packing List

Clothing (includes attire for first day)	
	1 warm hat
	1 baseball cap
	Gloves
	Under garments
	3 pairs socks
	3 t-shirts
	1 long sleeve shirt
	Comfortable pants to hike and do yoga in. The hike may involve some butt sliding, so don't wear anything that can tear easily or that you don't want to get dirty. If we get lucky with the weather, shorts would be fine as well.
	1 fleece top or sweatshirt that will fit in your daypack
	1 waterproof breathable shell, light waterproof jacket or poncho to go in your daypack
	1 jacket or parka depending on weather
	Comfortable, well-fitting sneakers or hiking boots
	Something to sleep in (sweatpants, leggings)
Personal Items	
	Small toiletry bag
	Toothbrush, toothpaste & floss
	Personal medication
	Sunscreen
	Lip balm with sun protection
	Bug repellent (we prefer all natural non-DEET products such as Repel)
	1 small towel
	Glasses, contacts, solution (bring backup glasses if wear contacts)
	1 sleeping bag in stuff sack or strapped tight (unless you'll be staying in a guest room)
	1 small pillow or a zippered pillow cover that can be stuffed with clothing (unless you'll be staying in a guest room)
	1 daypack. A school bag will suffice. Should be large enough to hold a few layers of clothing, lunch and beverages.
	1 liter Nalgene or water bottle
	A flashlight or head lamp
	3 zip lock bags, gallon size
	Yoga mat that will also be used as a sleeping bag pad
	Camera
	Your favorite libation, snacks, games, etc
	A small duffle to hold everything. Remember, we'll only be gone a night and a day.
	Good karma