



What To Bring List

Note: We are open year round, the list will have seasonal divisions as well as what to bring at any time. We do have complimentary guest laundry for client use as well.

To bring at anytime:

1. Comfortable casual clothing (non revealing)
2. Indoor shoes, i.e. slippers, tennis shoes, etc
3. Outdoor shoes, i.e. hiking boots, sturdy walking shoes
4. Bath robe
5. Toiletries, shave kit, hair dryer, your normal bathroom items.
6. Bathing suit (no bikinis or revealing swim suits)
7. Gym wear & shoes (for cool and warm conditions)
8. Light jacket
9. Water proof jacket
10. Sun screen
11. Hiking clothes
12. Photo ID (if coming from US a birth certificate or passport, any other country a passport)
13. Openness to learning, healing, growing, living, and loving.

In the winter, late fall, early spring:

1. Winter hiking boots
2. Warm moisture wicking socks
3. Warm moisture wicking long underwear
4. Hat & gloves/mittens
5. Winter coat

In the summer, late spring, early fall

1. Biking clothes (if you wish to mountain bike)
2. Shorts

What not to Bring:

1. Recreational reading material
2. Cameras of any type including cell phones
3. Cell phones
4. Lap top computers
5. iPod or portable devices with internet or movie capability.
6. Mouthwash that contains alcohol
7. Revealing clothing including sleeveless shirts, or clothing that promotes drugs or alcohol
8. Foods, snacks, candies, soda pop or energy drinks
9. A negative attitude.

If you forget something or need something while here we very likely can accommodate you, so not to worry.