



## What To Bring

### At Any Time Of Year:

#### Personal Items

- Prescriptions for all current medications
- Toiletries, shave kit, hair dryer, your normal bathroom items
- Bath robe
- Photo ID (if coming from the U.S., a birth certificate or passport; if coming from any other country, a passport)
- Sunscreen
- Swimsuit

#### Indoor Clothing

- Comfortable casual clothing (non-revealing)
- Gym wear (for cool and warm conditions)

#### Outdoor Clothing

- Light jacket
- Waterproof jacket
- IMPORTANT: Hiking clothes (warm, seasonally appropriate clothing)

#### Shoes

- Flip flops or sandals
- Indoor shoes (i.e. slippers, tennis/casual shoes, gym shoes)
- IMPORTANT: Sturdy, moisture-resistant outdoor shoes with an aggressive tread pattern on the soles\* (i.e. hiking boots, sturdy walking shoes)

#### Equipment

- Small daypack
- Rain gear
- Headlamp or flashlight

## Attitude

- Openness to learning, healing, growing, living and loving

### **Summer (and Late Spring/Early Fall):**

- Biking clothes (if you wish to mountain bike)
- Shorts

### **Winter (Late Fall/Early Spring):**

- Warm winter coat/jacket
- Snow pants
- Hat/toque & gloves/mittens
- Warm moisture wicking long underwear
- Warm moisture wicking socks
- Winter hiking boots or snow boots

### **WHAT NOT TO BRING:**

- Recreational reading material
- Cameras of any type including cell phones
- Cell phones
- Laptop computers
- iPod or portable devices with internet or movie capability
- Revealing clothing including sleeveless shirts, or clothing with graphic designs that promote drugs or alcohol
- Foods, snacks, candies, soda pop or energy drinks
- Mouthwash that contains alcohol
- A negative attitude
- Smooth bottomed skater shoes, high heeled fashion boots or flimsy canvas shoes