

Gear List

Please ensure you have the following items packed:

1. Warm sleeping bag and pillow, bottom and top sheet for a single bed mattress
2. Stable outdoor shoes or hiking boots
3. Running shoes (*must be close toed for all land-based activities*),
4. Pair of sandals for warm days and for water-sports
5. Raingear: Waterproof jacket and pants
6. Seasonally appropriate outdoor clothes, including:
 - Warm jacket or coat
 - 2 t-shirts
 - 2 long sleeve shirts/sweatshirt/sweater
 - 2 pairs of pants
 - 2 pairs of shorts
 - extra socks (2 pairs cotton; 2 pairs wool)
 - long underwear (tops and bottoms – preferably synthetic; not cotton)

Please pack only enough clothing for length of program

7. Bathing suit
8. Sleepwear
9. Toiletries and towel
10. Water bottle to re-fill (at least 1 litre of water)
11. Sun hat (baseball cap) and sun block lotion, sunglasses
12. Small day-size backpack
13. Flashlight or headlamp (and extra batteries)
14. Personal book for reading at night (optional)
15. Camera (optional)
16. Any unique outdoor items you want to bring and use (optional)
17. Bug spray
18. Sleeping pad (therma-rest or ridge rest for one night out) and yoga mat (you can bring both or just use your sleeping pad for morning yoga)

Please do not bring:

Knives, weapons, any potentially harmful items, clothing with offensive slogans or logos. These may be considered contrabands and will be confiscated for the program duration. In addition, because we foster a rich social and learning community and encourage being 'un-plugged' once in a while in life, we may temporarily take away any personal electronic items. We hope you understand. Thank you.