

## PACKING LIST:

We highly recommend all of the items below to ensure you are comfortable and blister-free during your stay. Please note, laundry is done Monday through Friday and you will receive your items back within 24 hours.

- 1 pair each of broken-in trail running type shoes and hiking shoes/boots as there is rocky terrain. It is best if the shoe is nylon and not leather for breathability. If you use insoles, please bring with you.
- Warm clothing as the early morning hours can be in the 30s and 40s and in the afternoon the temperatures span from the 40s to the 70s. Clothing that wicks moisture from the skin are recommended. Convertible hiking pants. You will want a light weight wind breaker/rain jacket as well as a heavier jacket to hike in for the early morning hours as it can be quite cold. Cotton clothing for exercise and hiking should be avoided unless you bring several to change into in the same day. Consult with your local area hiking outfitter.
- We recommend at least 4 sets of hiking / fitness / yoga clothes that can be interchangeable.
- Hydration backpack system with a hip belt such as a Camelbak or Osprey that will comfortably hold at least 3 liters / 100 oz. of water, PLUS room for other personal items including a heavy jacket (toiletries, sunblock, windbreaker, etc.). Please get properly fitted at the store before purchasing.
- 3 pairs of not too thick wool socks. We do not recommend cotton socks, as they cause blisters. Please ask a professional hiking store what they recommend for 10 miles of daily mountain hiking with a light pack, especially if you are not accustomed to hiking.
- Gloves, scarves and warm hats/beanies.
- A sun hat.
- Sunglasses (two pair just in case).
- Sunblock (we recommend at least SPF 30).
- A bathing suit for leisure time.
- Bandanas/handkerchiefs.

We recommend casual clothing that allows you to be comfortable in the evenings.

We discourage formal attire, makeup, jewelry and accessories of high worth, or significant sentimental value. We encourage you to pack all of the above items as well as other health items (medications, braces, etc.) as there will be limited access to stores and pharmacies in the area.

### **DO NOT PACK:**

- Alcohol
- Caffeine
- Cigarettes
- Food / Snacks / Gum
- Matches
- Sweets of any kind
- Tobacco
- Energy bars, gels, carbohydrate mixes