

## WHAT TO BRING

extra bath towel  
flashlight/headlamp  
extra cash, check, credit card for souvenirs, extra meals, tips  
warm sweater or jacket  
warm socks  
hiking shoes or gym shoes  
snacks for hikes  
personal items  
wine/beer/beverage of choice for the weekend  
book(s)  
journal & pen  
yoga mat  
strap/block (no need to go out and purchase)  
bathing suit  
hat  
sun block  
bug spray  
sunglasses  
backpack for hikes  
water bottles and/or camel back bladder  
medications