

Packing List

Our two days together will include a significant amount of time outside in spaces impacted by the weather. Please plan to bring several layers of clothing to provide warmth and protect you from the elements, as well as be prepared for warmer weather.

We recommend:

- A light coat for cool mornings/evenings
- A rainproof coat
- Sweatshirts for layering
- Extra pants
- Extra socks
- Comfortable clothes, such as yoga pants
- Hat for sun protection
- Hiking boots/boots that can get muddy
- Tennis shoes - please note sandals/crocs can not be worn at the barn where we will spend a significant amount of time each day
- Sunglasses
- Sunscreen
- Prescribed Medications you may need for the day
- Reusable water bottle
- Reading glasses, contact lenses, etc.
- Any other comfort items (favorite pillow, blanket, etc.)
- Yoga mat, if you have one