



What to Bring

As a participant in the Kripalu Family Retreat, you will be participating in a variety of outdoor activities. In order to be prepared and comfortable, here are some suggestions for what to pack for you and your children.

- Light, breathable layers
- T-shirts and loose-fitting long sleeved shirts
- Shorts and/or long pants
- Sturdy closed-toe walking/light hiking shoes
- Rain jacket and/or windbreaker
- Hat
- Bathing suit
- Plastic bag to carry wet bathing suits
- Water bottle
- Small back pack/waist pack
- Sunglasses
- Sunscreen
- Insect repellent