



What to Bring

As a participant in a Kripalu Outdoors program, you will be participating in a variety of outdoor activities (depending on the program). In order to be prepared and comfortable, here are some suggestions for what to pack.

Spring and Summer

- 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
- Bathing suit (for lake access)

Fall and Winter

- Thermal underwear (wool or synthetic)
- Thin to thick layers of clothing
- Winter jacket and/or rain jacket
- Wind pants and/or snow pants
- Hiking boots or insulated winter boots
- Gloves/mittens; scarf; warm hat

Indoors

- Slip-on shoes for inside the building and in shared bathrooms
- Clothes for yoga
- Sneakers or aerobic shoes
- Sports bra
- Comfortable pants/shorts for fitness classes

Other

- Water bottle
- Small day pack/waist pack
- Sunglasses
- Sunscreen
- Insect repellent
- Bathrobe for sauna area (optional)
- Bathing suit (for access to the women only whirlpool)