



Dear guest,

To ensure a safe, comfortable, and enjoyable experience, we are providing this list of essential equipment for your visit.

- Wicking base layers (wool or synthetic, no cotton)
- Insulating mid layers (wool or synthetic)
- Waterproof/breathable jacket
- Insulating jacket (down or synthetic fill)
- Waterproof/breathable pants or bibs
- Fleece pants
- Insulating hat, cap, balaclava or headband
- Socks (synthetic or wool) plus spares
- Liner socks
- Gaiters
- Gloves or mittens
- Glove liners (wool or synthetic)
- Skis, boots, and poles*
- Backpack or waistpack
- Sunscreen and sunglasses
- Hiking boots**

*We recommend mid-size, mid-width classical skis with no-wax bottoms for the terrain surrounding our campus. While you may bring waxable diagonal skis, Kripalu does not provide wax or waxing equipment, and waxing irons may not be used in guest rooms. Skating skis would not be appropriate for this program, as we do not have access to groomed trails.

Ski, boot, and pole rentals are available at the Arcadian Shop in Lenox, Massachusetts. Please make reservations and payment in advance—Kripalu will pick up equipment before opening night, and return after program ends. You can reach the Arcadian Shop at 413.637.3010, or arcadian.com.

**Kripalu will present this program with or without snow. Should base conditions preclude skiing, outdoor sessions will focus instead on hiking or snowshoeing, both of which can be done with less, or no, snow base. Snowshoes and/or crampons will be provided.