

Hiking and Yoga

What to Bring

- Sturdy hiking boots or shoes
- Layered clothing, water-wicking undershirt, light weight jacket, rain coat, and rain pants.
- Hat
- Gloves, to prevent blisters
- Sunglasses with a strap
- Sunscreen
- Lip balm
- Water bottle
- Small backpack or bag to carry water, snacks, rain gear, and extra clothing
- Warm socks (not cotton)

Note For more information about your arrival and ideas about what you should bring, visit <u>guest information</u> on our website.