



Healthy Living Programs

Kripalu Outdoors: A Yoga, Hiking, and Kayaking Retreat

What to Bring

- Layered clothing, including a swimsuit, 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
- Water shoes
- 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 [guest information](#) on our website.