

# PACKING & EQUIPMENT LIST



## Blue Mountains

Yoga & Hiking Retreat



## CLOTHING & EQUIPMENT

Selecting the right clothes and other gear and equipment according to the weather and climate, is essential to avoid unnecessary complications and to make your trip as comfortable as possible.

Please follow the packing list carefully and contact our team if you have questions.

### KAYAKING GEAR

- Hiking clothing (tights/shorts and t-shirt)
- Thermal top as it will be cold
- Warm jumper
- Wet weather jacket
- Small day pack large enough for some water and a jumper
- Comfortable enclosed walking shoes or hiking boots
- Water bottle that holds 2L capacity (or bring two bottles/bladder)
- Hiking poles (optional)
- Walking shoes or boots
- Camera or phone for photos
- Waterproof jacket/wind jacket
- Beanie and gloves for winter months
- Ugg boots for relaxing around the indoor fire
- Yoga mat
- Clothes to get changed into for day 2/3

### TOILETRIES

- Toothbrush and toothpaste
- Sunscreen cream and lip balm
- Female hygiene products
- Ear plugs / eye mask
- Personal medication

### OTHER THINGS

- A small blanket to cover yourself during yoga can be a nice touch.
- Book
- Alcohol (additional)
- Umbrella if rain is forecast
- Little head torch (or phone) for walking from the rooms to the main eating area (2minute walk)
- A hot water bottle or heat pack is optional but can be a nice addition to the cabins, especially on cooler nights



### ON ARRIVAL

Please arrive in clothing that you are comfortable wearing for a short walk around the property. After enjoying afternoon tea in the main lodge, we will proceed directly to embark on a 45-minute walk. Joggers or running shoes are more than suitable for this activity.

