



## **Canoe & Yoga Retreat Packing List**

**Canoe Equipment:** A paddle and PFD/lifejacket are included unless you indicated you were bringing your own. (And canoes are included!)

2 carabiners to connect your bag and water bottle to the canoe.

Small day-bag: A small schoolbag lined with a trash bag to keep contents dry

**Canoe Clothing Layers:** *Do not bring cotton clothing for the water. All water layers need to be non-cotton. Please bring two of each if possible so you can have dry clothes for after lunch if we are at camp. This makes a big difference on colder or rainy days!*

2 Tank tops or T-shirts

2 Pair pants, lightweight synthetic materials or leggings are best

2 Shorts

2 Lightweight long sleeve shirts

1 Fleece

Raincoat

Rainpants (if you have them they are REALLY nice if it is a raining day)

Warm winter hat

Brimmed hat

Sunglasses

Sunscreen

Water shoes- These can be sandals that securely attach to your foot (no-flipflops) or you can use old sneakers, cros etc.

2 One-liter plastic water bottles—durable with a loop to hook to the canoe (32 oz. Nalgene bottles are great). Metal water bottles sink. If your bottle doesn't have a loop to attach it to the canoe you can't take it on the water!

1-2 bandanas (1 will be used as a rag)

**Specialty items for the water that are nice but optional:** (See video for examples)

A small drybag to put an extra clothing layers in

A waterproof camera case for your camera

Lightweight windbreaker (I love the Patagonia Houdini Jacket)

Sun shirt with a hood and thumb holes so the fabric covers the back of my hands.

Quick Dry (non-cotton) underwear and sports bras

**For camp / on dry land:**

Sneakers or flip flops for around camp

2-3 Pair of socks

Underwear & sports bra

1-2 Pair shorts

1-2 Pants: Yoga pants or lightweight synthetic materials are best

2-3 T-shirt/tank tops

1-2 Lightweight long sleeve shirts

1 Medium weight fleece or long-sleeve layers

Chapstick  
Toiletries  
Headlamp (or flashlight)  
Yoga mat (if you need to borrow one just let Leah know ahead of time.)

**Optional:**

Camera-- If you want to be able to take pictures while on the water some type of waterproof case is advisable.  
Journal or book

The accommodations include pillows, linens, and towels—no need for bedding.  
Don't forget anything that will help you feel at home and comfortable for the weekend.  
***Contact us with any questions!*** [leah@foreverwild.yoga](mailto:leah@foreverwild.yoga)