



Paddleboard Yoga Retreat Packing List

Paddleboard Equipment: A paddleboard, paddle, and lifejacket are included unless you indicated you were bringing your own.
A carabiner to connect your water bottle to your board.

Paddling 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. This makes a big difference on colder or rainy days!*

2 Tank tops or T-shirts

2 leggings

2 shorts

2 lightweight long sleeve shirts

1 fleece

Raincoat/windbreaker (can be replaced with a spray jacket. See specialty items below.)

Warm winter hat

Brimmed hat

Sunglasses with croakies

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

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

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

Quick Dry (non-cotton) underwear and sports bras.

Spray Jacket

Neoprene shorts or pants

A small drybag to put an extra shirt in or a waterproof camera case for your camera

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

Sunscreen

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 ** relax@ashleyflowersyoga.com