

International Women's Camp
List of things to bring:

Good shoes for walking
Thick mat/carpet/sheep skin to do yoga on
Bathing suit
Warm clothes (it gets very cold at night and in the early morning sadhana)
Head covering
Shawl
Gloves
Scarf
Thick Socks or slippers
Sunglasses
Sunscreen
Water bottle
Dishes (plate/bowl)
Cloth napkins
Silverware
Hot drink cup
Towel
Toiletries
Flashlight
Tent
Sleeping bag
Sleeping mat
Pillow
Clothes for hiking
Small daypack (for hiking and other day trips)
Alarm clock
Personal first aid kit
Camera
Notebook and pens
If you'll be teaching or leading Sadhana, teaching materials
Musical instruments, if convenient

Food: delicious vegetarian (with vegan options) will be served at Women's Camp; however, if you bring snacks and additional food for yourself, it must be packaged in an airtight container i.e. Rubbermaid, Tupperware, etc. (no plastic bags). This is for both your protection and the food's protection.