What do I need to bring with me?

Because the weather is so unpredictable, we would advise checking in on the weather before you leave home.

We are located in the dense woods. Some areas are clear, but some are not. If you decide to go hiking, we would recommend the following items.

Yoga mat, bolster (if available), Sunscreen, bug repellent, tennis shoes, hiking boots (opt), long pants, sweatshirt and/jacket, journal, writing utensil and water bottle.

If Camping, tent, sleeping bag and pillow.

For those that are staying the weekend, we will have bottled water, 1 snack, 2 smoothies and 3 vegan meals on Saturday. If you feel you need more than this to sustain, please feel free to bring whatever you would like. Please note that there is not any water or electricity if you are camping.