

E.A.R.T.H. PROGRAM WORKSHOPS SUPPLIES LIST

What to Bring:

Small day backpack
Shorts
Sleeveless tops
Long pants for riding
Long pants
Fleece or sweater
Bathing suit
Towel
Sleeping bag
Waterproof windbreaker with hood
Shoes for hiking and riding
Sandals for hiking
Small digital camera
Flashlight
Personal medicines i.e. allergy, prescription, headache etc.
Feminine supplies
Sunscreen
Hats
Sunglasses
A light top to keep the sun off
bug spray

* There are no stores nearby.

(Pack all supplies in a backpack so you can carry your things, as if you were hiking or rafting. Wheels do not roll on dirt paths)

What NOT to Bring:

Computers
Cell phones
Blackberries etc.

You will not have reception after Kamloops so enjoy the retreat! There is a phone at the Guest House (and free calling to N. America and Europe - bring a calling card if you need to phone beyond) for occasional calls only.

Provided:

Tents
Foamies
Pillows
Food

Drinks

Wine, beer (at dinner)

Journals

Writing and art materials

Maps

shampoos

conditioners

soaps that are biodegradable

band aids

first aid supplies

* Please provide any special dietary requests. We serve organic and free range – vegetarian plus chicken, fish, eggs and dairy. Please bring everything you will need for your stay as the days are full and we will only provide emergency transportation to town.

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