

Retreat Preparation List

Links for my favorites in the email

These are just suggestions! You of course can use whatever works for you.

****Thank you for including unscented, clean products when packing toiletries. (hand sanitizer, lotions, face wash, etc.) Many people are very sensitive to chemicals in scented products and even essential oils.****

Our home base for the Journey [Your trip overview - Airbnb](#)

Shoes

You certainly can wear hiking shoes. I personally have tried the hikes with both hiking shoes and my favorite **walking shoes** I wear all the time, and I prefer wearing my regular shoes. They are grippy enough and have more give than stiff hiking shoes. It comes down to personal preference. They don't need to be a certain brand of course, they can be your favorite walking/running shoes.

Socks

My absolute favorite socks are **FEETURES** available on Amazon and stores with outdoor equipment. Another brand I like is WRIGHTSOCK. I find the FEETURES brand is great for preventing blisters.

[Amazon.com: Feetures High Performance Ultra Light No Show Tab - Running Sockss for Men and Women - Athletic Ankle Socks - Medium, Black : Clothing, Shoes & Jewelry](#)

[Wrightsock Coolmesh II Quarter Blister Free Socks - Lightweight Breathable Women Men Running Hiking Travel Grey, Medium at Amazon Women's Clothing store: Athletic Socks](#)

Backpacks

There are many hiking backpacks, and fannypacks available. I prefer small/medium sized waterproof, light backpacks. You want to have something you can fit a water (I prefer to buy jugs of spring water for the Airbnb and the car to refill a plastic water bottle so my pack isn't so heavy.) bottle or 2, protein bar and whatever else you'd like to bring. I like to have space to bring back rocks or small things I find in nature sometimes as well.

[Amazon.com: sunhiker Cycling Hiking Backpack Water Resistant Travel Backpack Lightweight SMALL Daypack M0714 \(Navy Green\) : Clothing, Shoes & Jewelry](#) Something similar to this is great! Whatever you prefer.

[Amazon.com: Fanny Packs for Men and Women, Waterproof Sports Waist Pack Bag for Travel Hiking Running Hands-free Wallets, Easy Carry Any Phone : Sports & Outdoors](#)

Clothing

Obviously, we will watch the weather to see what the conditions will be. For sure have layers appropriate for warmer days and cooler nights and mornings. I usually bring a couple t shirts, tank tops, 1 or 2 pair of leggings, biker shorts, a light jacket or top layer, long sleeve shirt, sweat shirt, a winter hat, possibly light mittens, etc. No need to bring dressier clothes, we can dress casual for dinners out.

Travel Yoga Mat

Mats specifically designed for travel are the best option! They are light weight and paper thin. I have been traveling with my Manduka Super Light Yoga Mat for years and it is still in great condition! You can

certainly also go for the less expensive ones. They are easy to clean and perfect to take anywhere! They even fold up enough to go in a larger purse.

[Amazon.com : Manduka eKO Superlite Yoga Mat for Travel - Lightweight, Easy to Roll and Fold, Durable, Non Slip Grip, 1.5mm Thick, 71 Inch, Leaf Green : Sports & Outdoors](#)

Hat, Headband, Sunglasses

The sun is bright, so anything that helps you feel your best would be great to bring! I prefer to have my ears covered with a headband to prevent germs and dryness from wind. Bucket hats or baseball hats are also great protection if you are prone to being affected by the sun. I was very nervous about getting headaches the first time I went to Sedona, but I do great out there, as long as I plan ahead and have what is helpful. Also, staying hydrated is key!

Swim Suit

There is a hot tub in our Airbnb.

Sunscreen

Lotion

Your skin may get dry in the drier climate.

Pens

Hand Sanitizer

You will want to have a small spray hand sanitizer in your backpack. Please choose an organic option as many people are sensitive to the chemicals in regular sprays/gels. I will have one with me and you can share as well. Porta pottys at the trailheads will not have hand sanitizer. And they are nice for traveling.