

## PAUSE Women's 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.\*\*\**

### **Based on the Season**

#### **Shoes (if hiking)**

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 (for hiking)**

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 Socks 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 (if hiking)**

There are many hiking backpacks, and fanny packs 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. 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**

Anything that helps you feel your best outdoors would be great to bring! I prefer to have my ears covered with a headband to prevent germs and dryness from wind and weather. Bucket hats or baseball hats are also great protection if you are prone to being affected by the sun.

### **Sunscreen**

### **Lotion**

### **Pens**

### **Hand Sanitizer (if hiking)**

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. Some of the trailhead porta potty's have hand sanitizer, but most do not.