

Moab Yoga on the Rocks
WHAT YOU SHOULD BRING

Backpack Retreat:

Clothing:

- 2 long sleeve synthetic or wool long underwear shirts
- 1 pair synthetic or wool long underwear bottoms
- 1 heavy weight fleece coat or sweatshirt
- 1 mid to heavy weight fleece pants
- 1 rain shell top and bottom
- 3 synthetic boxers (men)
- 3 cotton panties (women)
- 3 pairs wool or synthetic socks (fit to boots)
- 1 pair of sturdy hiking boots
- 1 pair of Chacos or Tevas (any water shoe)
- 1 pair of yoga pants or pants that you can move in

Sleeping gear:

- 1 15 degree or warmer sleeping bag (-5 to +15)
- 1 sleeping mat (separate from yoga mat)
- 1 extra pair of socks
- 1 three season tent (your tent will need a rain fly)

Personal gear:

- Backpack
- Mess kit (pot with lid, something to clean pot with)
- Eating gear (large mug, spoon, bowl) You can eat out of your pot
- 2 (at least) hard sided wide mouth water bottles (may not be replaced by a camel back) a bladder may be used for hiking for hiking
- Water jug (collapsible) you can purchase this at REI
- Bandana
- 1 Head lamp with extra batteries
- Journal and pen or pencil
- Matches or lighter
- A camp stove for cooking (we will provide your fuel)
- Personal hygiene (no scent)
- Towel (optional) you can find light weight towels at REI
- Wet wipes (optional)
- Yoga mat/ strap
- Camera
- You are welcome to bring interments

**If there is anything you feel we missed that you may need feel free to bring it, keeping in mind that you are packing everything in and out!

Base Camp Retreat:

- ❑ Sleeping bag (at least 20 below)
- ❑ Thermarest
- ❑ Daypack
- ❑ Tent with rain fly
- ❑ Yoga mat, strap and blocks
- ❑ Clothes: socks, sandals, shoes, underwear, long pants, shorts, long sleeve shirts, short sleeve shirts, tanks, yoga wear, long underwear, rain jacket, hat, gloves, fleece or light jacket, Down jacket (this will depend on the weather) and sweater. Their could be other things you feel you may need, use your judgment.
- ❑ Chair
- ❑ Headlamp or flashlight (extra batteries)
- ❑ Personal toiletries
- ❑ Matches or lighter
- ❑ Wet wipes
- ❑ Towel
- ❑ Bandana
- ❑ Water jugs (collapsible) you can purchase this at REI
- ❑ Water bottle or bladder for hiking
- ❑ You are welcome to bring interments
- ❑ If there is anything you feel we missed that you may need, feel free to bring it, keeping in mind that you are packing everything in!