



Hero's Journey Foundation

Packing for your Journey

Dress casually and comfortably for the retreat. *Weather conditions and temperatures can vary significantly in the Hudson Valley.* We will be indoors at Lifebridge, but offering opportunities to enjoy the outdoors.

<p>Accommodation</p> <ul style="list-style-type: none"><input type="checkbox"/> You will be sharing dorm room space with others, unless you have booked private accommodation<input type="checkbox"/> Linens including a towel are supplied	<p>Clothing</p> <ul style="list-style-type: none"><input type="checkbox"/> Clothing to suit both hot AND cool weather<input type="checkbox"/> Hiking Boots or Shoes (waterproofed is best!)<input type="checkbox"/> Sandals or Sneakers<input type="checkbox"/> Extra Socks<input type="checkbox"/> Jacket<input type="checkbox"/> Swim Suit (optional, if we cold plunge!)<input type="checkbox"/> Bandana<input type="checkbox"/> Toiletries<input type="checkbox"/> Slippers or Indoor Shoes
<p>General Needs</p> <ul style="list-style-type: none"><input type="checkbox"/> Sun Protection: Lotion and/or Hat<input type="checkbox"/> Drum or Musical Instrument (optional)<input type="checkbox"/> Daypack<input type="checkbox"/> Journal	<p>Food + Drink</p> <ul style="list-style-type: none"><input type="checkbox"/> Water Bottle<input type="checkbox"/> Hot Drink Travel Mug (optional)

If you have any questions about outdoor gear contact Anna Noack at anna@herosjourneyfoundation.org