

Movement and Meditation Packing List

Things to Wear:

- T-shirts (5)
- fleece pullover / sweatshirt (1)
- shorts (1-2 pairs)
- jeans/pants (1-2 pairs)
- underwear (5)
- socks (5-6 pairs)
- Pajamas
- *Rain jacket
- Walking shoes/sneakers
- Sandals/camp shoes
- Bathing suit / towel

Necessary items:

- Toiletries (toothbrush, toothpaste, contact solution, feminine hygiene products, etc.) Keep it small!
- Glasses (if you wear contacts)
- Sunglasses, sunscreen, chapstick (SPF 15 and up)
- Any required medication
- Daypack / back pack for carrying water bottle and a layer
- 1 liter-sized water bottle
- Headlamp or flashlight

For camping/sleeping:

- *Sleeping bag
- Pillow

Optional:

- Camera
- small musical instrument
- lightweight brimmed hat
- playing cards

*Please let us know if you need to borrow any of these items by emailing xaintern@hamilton.edu