

## What to Bring:

Given that we are in “mid-country” we will have access to the wilderness, as well as beautiful amenities at River Root.

*\*There will be an outdoor bathroom/portapotty available. There will be an outdoor kitchen supplied with basic cooking items (stove, pots, pans, kettle, utensils etc.) As well as a place to store your dry goods, and some shared refrigerator space. We provide a group meal for our first and third night.*

### Personal:

- ☐ Bring all the food that you need for breakfasts and lunches. We will provide all dinners. Make sure that you have a large tub to keep all food in so that critters can't access it. .
- ☐ Wear Comfortable clothing with perhaps a few objects like a special scarf, jacket or adornments for ceremonial possibilities.
- ☐ Clothing for all weathers, (Cool weather, warm weather, and potentially rainy weather.) Please bring rain gear as we will be outside in all types of weather.
- ☐ Swim suit (although there are some places in the river where skin dipping is appropriate if that is your jam)
- ☐ Sturdy walking shoes as well as shoes that you can take into the wonderful river should you be called to do so! Please make sure that river shoes are sturdy and will not fall off in the river (strap sandals are best (not crocs) or old tennis shoes that can get wet)
- ☐ Any hygiene items you like to travel with.

### Gear:

- ☐ If you have your “own set up” for cooking/camp kitchen please feel free to bring it if you prefer. Although this is not necessary. We will have a full kitchen stocked with pots, pans, plates and utensils, etc
- ☐ A personal cooler and ice. There will be the ability to refreeze ice packs for coolers.
- ☐ Personal water bottle, hot drink mug, bowl are recommended.
- ☐ Low Camping chair, cushion, yoga mat, or your preferred method of sitting in a circle for a few hours at a time.
- ☐ Bring all that you need to camp & sleep outside in the level of comfort that you prefer. (Tents are recommended as tarp space may be limited and rain is always a possibility in NW washington)
- ☐ Any outdoor gear you may need such as headlamp, batteries, timepiece.
- ☐ Small backpack for day walks and containing your items throughout the day as we move around the land.

### Ceremonial:

- ☐ Journal, a place to write and be creative.
- ☐ Any ceremonial items that are meaningful to you and relevant to this program.

- ☐ Art, craft, or creation supplies are welcome. (We will have a selection as well!)
- ☐ Musical instruments are also welcome

FYI we will be camping on RiverRoot property but this does not include an indoor bathroom. There will be a composting toilet but there is no shower. Dips in the river are amazing and refreshing, sponge baths are possible, but if you really need a shower, bringing a solar shower is recommended.