

Please use the following list as a guideline when packing for *Fit Health into Life* at *Devon Hiking Spa*. We provide you with a day back, two water bottles, and a t-shirt.

CLOTHING

- Hiking shorts or pants
- T-shirts
- Long-sleeved shirt or fleece
- Casual clothing and shoes for dinners
- Socks
- Rain jacket
- Undergarments
- Sleepwear

ADDITIONAL ITEMS FOR HIKING

- Hiking boots or shoes
Make sure they are comfortable and well-worn!
- Hiking socks

MISCELLANEOUS ITEMS

- Toiletries
- Wallet (picture ID, credit card, ATM card)
- Airline tickets / E-ticket confirmation details
- Medications / prescriptions
- Sunscreen and chapstick
- Sunglasses and case
- Camera
- Reading material for down time

OPTIONAL ITEMS

- Sun hat or visor
- Swimsuit