

Please use the following list as a guideline when packing for *Fit Health into Life* at *Devon Hiking Spa*. Make sure your luggage is marked with your name, address and phone number.

CLOTHING

- Hiking shorts or pants
- T-shirts
- Long-sleeved shirts
- Comfortable clothing for fitness classes
- Casual clothing and shoes for dinners
- Socks
- Fleece jacket or warm sweater
- Rain gear
- Sandals and sneakers
- Undergarments
- Sleepwear

ADDITIONAL ITEMS FOR HIKING

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

MISCELLANEOUS ITEMS

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

OPTIONAL ITEMS

- Swimsuit
- Wide-brim sun hat

Devon Hiking Spa provides you with a day back, two water bottles, a t-shirt, and a baseball cap. In addition, first aid supplies and nutritious snacks are always available.