

# THE ASHRAM CALIFORNIA

## PACKING LIST

- Hiking Footwear – (Aggressive Sole Trail Runners) Footwear should be well broken in, very comfortable and 1/2 to 1 size larger depending on individual comfort. Good tread on the sole is important.
- 100 oz. or 3 Liter Hydration system backpack with hip belt such as The Camelbak Mule. It's important to have some space in the backpack for a light jacket, sunglasses, hat and other personal items. (Available at Sporting and Athletic Stores)
- Hiking and Yoga Attire - Comfortable and casual fitness clothes. Bring a few sets as you will most likely want to change throughout the day after different activities.
- Light Jacket
- Hiking Socks
- Sun Hat
- Sunglasses
- Bathing Suit- comfortable enough to wear while doing pool exercise class and water volleyball
- Flip Flops or Sandals
- Sleeping Attire
- Toiletries & Sunblock
- Bandanas

## WINTER MONTHS

In winter months (usually the end of November to Middle of March) you may need:

- Warm Hat
- Mittens
- Light Rain Gear
- Fleece Jacket

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## DURING YOUR STAY

The Ashram supplies Sweat Pants, Sweat Shirts, T-Shirts, Robes and hiking poles. Laundry is done daily. No extra wardrobe is necessary. We encourage you to PACK LIGHT!

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We will be happy to answer any questions you may have. You are welcome to call us at 1.818.222.6900 anytime between 9:00am - 4:00pm, Monday-Friday PST. You can also email us at [theashram@theashram.com](mailto:theashram@theashram.com)

*We look forward to hearing from you.*

