

Journey Packlist

To Reflect on (and Bring)

- Sacrifice or offering for the medicine wheel
- Journal and a pen. Very important!
- Personal item for channeling session (optional)
- Review all the start times each day. Please be on time.

To Wear

- Outdoor clothing for light hiking (Thurs & Fri)
- Closed-toe shoes for light hiking (Thurs & Fri)
- Warm jacket (evenings get down to 40's)
- A shell or rain coat (in case of rain)
- Breathable shirts (you'll be outside most of the time)

Please avoid wearing fragrances or perfume

To Nourish

- Snacks, a Drink, and Lunch
- Any Medications or Prescriptions

To Be Comfortable

- Cushion, yoga mat or pad (we will be sitting on rocks)
- At least one water bottle (minimum 32 oz)
- Small day pack (to carry food, extra clothing, etc.)
- Hat or head covering (the Sedona sun can be warm) Sunscreen
- Sunglasses

Warm Weather Journey's

- Swimsuit (Optional for water on Fri)
- Beach towel (Optional for water on Fri)

Cold Weather Journey's

- Beanie, Gloves, Scarf, Warm Socks, Blanket
- Hand Warmers