

LEAN POWER YOGA

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PACKING CHECKLIST

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CHAMONIX ADVENTURE

In any travel or outdoor activity your expected comfort determines what items you bring along. By no means will you be "roughing it", but some items are absolutely mandatory... others add more comfort to your adventure.

OUTDOOR GEAR

Daypack w/ Rain Cover (15-30L)

Hydration System (bladder/Camelback)

Hiking / Climbing Pants (1-2 Pieces)

Fleece/Hoody/Mid-Layer

Raincoat

Sun Hat / Ball Cap

Gloves

Hiking Socks

Harness *

Climbing Helmet *

Sunglasses w/ UV protection

Sunscreen

Toiletries (toothbrush, toothpaste, body wipes, biodegradable soap)

Waterproof Hiking Boots

Trekking Poles

Short Sleeve Shirt or Tank (4-6 Pieces)

Packable Light Down Jacket

Membrane Pants (waterproof, windproof)

Beanie

Swimsuit

Thin Socks (for climbing shoes)

Canyoning / Water Shoes

Reusable Water Bottle

Sunglasses w/ UV protection

Personal Medications / First Aid

Snacks (small, carb based, easy to eat, jerky, dried fruit, candy, bars)

* Bring if you have them, otherwise they will be provided

GENERAL USE

Socks

Casual Pants

Lightweight Sweatshirt or Jacket

Nail Clippers

Athletic Tape

Toothbrush / Toothpaste

Type C/E Outlet Adapter

Underwear/Bras

Shirts

Sandals

Hand Balm

Bug Spray

Shampoo / Conditioner

Lotion

NICE TO HAVE

Approach Shoes (for via Ferrata)

Smaller Backpack (5-10L)

Chalk Bag

Trash Bags / Ziploc Bags

GPS Device (ie Garmin Intouch)

Reading Books / Cards

Hand Warmers

Mountain Biking Shoes

Rock Climbing Shoes

Neoprene Socks

Power Bank / Phone Charger

Binoculars

Moleskins / Blister Band-Aids

Aquaphor / Vaseline (for dry chapped skin and lips)