



Equinicity
Gateway 2 Ranch
Kamloops, British Columbia, Canada

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EQUINISITY RETREAT SUPPLIES

What to Bring:

- Hardcover Journal, at least 200 pages
- Memory Stick for Pictures
- Small Day Backpack
- Shorts
- Sleeveless Tops
- Long Pants
- Fleece or Sweater
- Sleeping Bag
- Waterproof Windbreaker with Hood
- Shoes for Hiking and Riding
- Sandals for Hiking
- Small Digital Camera
- Flashlight
- Personal Medicines (allergy, prescription, headache etc.)
- Feminine Supplies
- Sunscreen Hats Sunglasses
- A light top to keep the sun off
- Bug Spray
- Summer dress or skirts (evenings)

* There are no stores nearby. Bring all the personal items you might need.

What NOT to Bring:

- Computers
- Cell phones (unless you are coming for a longer stay)

*You will not have reception after Kamloops, so enjoy the retreat! There is a phone at the Guest House (and free calling to land lines in most countries. Bring a calling card if you need to phone cel phones). Occasional calls only.

Provided:

- Tents
- Foamies
- Pillows
- Food
- Drinks
- Wine, Beer (at dinner)
- Small Journals for Hiking (bring larger journals to transcribe)
- Writing and Art Materials
- Maps
- Shampoos and Conditioners
- Soaps that are biodegradable
- Band-Aids
- First Aid Supplies

Please provide any special dietary requests: we serve organic and free range – vegetarian plus chicken, fish, eggs and dairy. Please bring everything you will need for your stay as the days are full and we will only provide *emergency transportation* to town.

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