

# Packing & Prep List

## Packing List

Laundry is available daily and included in your stay

- Clothing that wicks moisture from the skin is recommended. Cotton clothing for exercise and hiking should be avoided unless you bring several to change into on the same day.
- We recommend at least 2-3 sets of weather-appropriate hiking/fitness/yoga clothes that can be interchangeable, a light to medium fleece-type pullover jacket, and a water-resistant hiking jacket.
- Hydration backpack system with a hip belt, such as a CamelBak or Osprey, that will comfortably hold at least 3 liters/100 oz of water, PLUS room for other personal items (toiletries, sunblock, windbreaker, etc.).
- 1 pair of broken-in hiking or trail running shoes with strong ankle support (with at least 1 month of use). It is best if the shoe is nylon and not leather for breathability and if possible, waterproof for the winter months.
- 2 pairs of not-too-thick hiking or running socks. We do not recommend cotton socks, as they cause blisters.
- A sun hat for warmer months and a warm hat, gloves and scarf for the winter. For winter months, you may want gaiters.
- Sunglasses.
- Sunblock (we recommend at least SPF 30).
- Spin shoes with an SPD clip are optional.
- A bathing suit for our indoor solarium with a heated pool, hot & cold plunge pools & infrared sauna.
- We recommend casual clothing that allows you to be comfortable in the evenings. UGGs and additional layers are suggested in the cooler months.
- We discourage formal attire, makeup, jewelry, and accessories of high worth or significant sentimental value. We encourage you to pack light and bring only items of necessity.

**The Ranch provides hiking poles, water bottles and all the necessary foot care products.**

## Arrival & Departure

Guests will make their way to The Ranch Hudson Valley the day of your arrival. The program begins at 1:00 pm and we prefer you are dressed in your workout clothes and ready to begin the program. The address is 150 Sisters Servants Lane, Sloatsburg, New York.

At the conclusion of your stay, we will depart The Ranch Hudson Valley at 10:00 am for any guest who would like to be dropped off at Newark Liberty Airport (EWR), arriving by 11:30 am.

## Transportation

For guests coming from an airport, suggested transportation includes our preferred car service KLS, or you can use Uber. To book a car through KLS, please call 332.233.7788 or email [theranchhudsonvalley@klsworldwide.com](mailto:theranchhudsonvalley@klsworldwide.com) and make sure to mention The Ranch Hudson Valley for special pricing. For guests who wish to take the train, we will pick up and drop guests off at the Sloatsburg Train Station.

If you are coming from the tri-state area, helicopter service can be arranged through BLADE who launches from locations in New York City, New Jersey, Long Island and Westchester, and can land directly on our lawn. Ranch guests receive preferred pricing on all charters and can contact the Flier Relations line at 844.359.2523 or by email at [theranch@blade.com](mailto:theranch@blade.com) and reference that you are a Ranch guest.

## WiFi / Cell Service

Please note, there is cell phone reception and WiFi available in your room. Aside from using your phone to take pictures, we ask that you only make phone calls or emails in your room to respect everyone's desire to unplug and be present.

## Travel Insurance

It is highly recommended that guests purchase travel insurance so you are protected should you need to cancel your stay. We suggest Allianz Travel or request details from your insurance company. Please see the cancellation policy below.

## Cancellation Policy

In the event of a cancellation within 40 days of your visit, and if we are able to fill your opening, we will happily credit you a 10% cancellation fee, or move you to a later date. A 10% cancellation fee will be charged to all refunded deposits. Any credit on file will expire if not used within 18 months of the cancellation date.

If you have any questions about your stay, please contact us at 310.457.8700 or by email at [guestrelations@theranchlife.com](mailto:guestrelations@theranchlife.com).

**We look forward to welcoming you soon.**