

THE RANCH™

PACKING LIST

- Clothing that wicks moisture from the skin are recommended. Cotton clothing for exercise and hiking should be avoided unless you bring several to change into in the same day. Consult with your local area hiking outfitter. We recommend at least 3 sets of hiking clothes and a water resistant hiking jacket.
- Comfortable clothing for fitness and yoga classes. We recommend at least 3 sets. The hiking, fitness and yoga clothes can be interchangeable.
- A light-to-medium fleece-type pullover or jacket.
- 2 pairs of broken-in workout/training or trail running type shoes. (With at least 1 month of use). It is best if the shoe is nylon and not leather for breathability.
- 3 pairs of not too thick hiking or running socks and 2 pairs of liners. We do not recommend cotton socks, as they cause blisters. Please ask a professional hiking store what they recommend for 10 miles of daily mountain hiking with a light pack, especially if you are not accustomed to hiking.
- A sun hat.
- Sunglasses (two pair just in case).
- Sunblock (we recommend at least SPF 30).
- A bathing suit you will feel comfortable exercising in.
- Hydration system WITH HIP BELT such as a Camelbak that will comfortably hold at least 100 oz. of water, PLUS room for other personal items (toiletries, sunblock, windbreaker, etc.). Please get properly fitted at the store before purchasing.
- Bandanas/handkerchiefs.
- We recommend casual clothing that allows you to be comfortable in the evenings, including flip flops or sandals after hikes and beach lunches. Uggs are nice in the cooler months.