



Equinimity
Gateway 2 Ranch
Kamloops, British Columbia, Canada

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EQUINIMITY RETREAT SUPPLIES

*There are no stores nearby so be sure to bring all of the personal items you might need.

What to Bring:

- Hardcover Journal, at least 20 pages
- USB Stick for retreat photos that Liz will take of you at the retreat.
- 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 and Sunglasses
- A light long-sleeve top to keep the sun off
- Bug Spray
- Summer dress or skirts/shorts (evenings)

Internet and Cell Phones:

The Cell reception at Gateway 2 Ranch is spotty at best, however, we have Star Link Internet so FaceTime and Whats App, Line etc. will work without issue. There is also a land-line phone at the Guest House with free calling to most countries.

Provided:

- Comfortable Tent Cabins
- Beds with comfortable mattresses & pillows
- Heated Shower and Bathroom area
- Food
- Drinks
- Wine or Beer (at dinner)
- Writing and Art Materials
- Maps
- Shampoos and Conditioners
- Biodegradable Soaps
- Band-Aids/First Aid Supplies

Please provide any special dietary requests before you arrive. We mostly 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 into kamloops.

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