



Equinistry Retreats:
[Gateway 2 Ranch](#)
[Kamloops, BC, Canada](#)

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Equinistry Retreats Supplies

Internet & Cell Phones:

The Cell reception at Gateway 2 Ranch is spotty at best, however, we have Star Link Internet so FaceTime, 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. We suggest limiting your time on devices, however, to improve the experience.

Accommodations:

Private rooms are typical; shared rooms may be required when a retreat is fully booked. We will show you around when you arrive and you can choose.

*There are no stores nearby so be sure to bring all of the personal items you might need for your stay as the days are full and we will only provide emergency transportation into Kamloops which is more than a 30 minute drive away.

Please provide any special dietary requests before you arrive. We mostly serve organic and free-range meats, fish, eggs, dairy and vegetables.

<u>What To Bring:</u>	<u>Provided:</u>
<ul style="list-style-type: none">• Hardcover Journal, at least 200 pages• Empty USB Stick for retreat photos that Liz will take of you at the retreat.• Small Day Backpack• Water Bottle• Layers for clothes, warm for the barn in the morning and evenings, and lighter for afternoons.• Shorts• Summer dress or skirts• Sleeveless Tops• A light long-sleeve top for sun protection• Long Pants• Fleece or Sweater• Waterproof Windbreaker with Hood• Shoes for Hiking and Walking• Sandals for Hiking• Flashlight (separate from your phone)• Personal Medicines (allergy, prescription, headache etc.)• Feminine Supplies• Sunscreen, Hats and Sunglasses• Bug Spray	<ul style="list-style-type: none">• 4-Bedroom Guest House• 5 Tent Cabins (5 min walk from guest house)• Beds with comfortable mattresses, pillows & blankets/sleeping bags.• Heated Shower and Bathroom area• Food (special dietary needs accommodated)• Drinks• Wine or Beer (at dinner)• Writing and Art Materials• Maps• Shampoos and Conditioners• Biodegradable Soaps• Band-Aids/First Aid Supplies