

Please use the following list as a guideline when packing for *Fit Health into Life* at *Devon Hiking Spa*. We provide you with a day back, two water bottles, and a t-shirt.

**CLOTHING**

- Hiking shorts or pants
- T-shirts
- Long-sleeved shirt or fleece
- Casual clothing and shoes for dinners
- Socks
- Rain jacket
- Undergarments
- Sleepwear

**ADDITIONAL ITEMS FOR HIKING**

- Hiking boots or shoes  
Make sure they are comfortable and well-worn!
- Hiking socks

**MISCELLANEOUS ITEMS**

- Toiletries
- Wallet (picture ID, credit card, ATM card)
- Airline tickets / E-ticket confirmation details
- Medications / prescriptions
- Sunscreen and chapstick
- Sunglasses and case
- Camera
- Reading material for down time

**OPTIONAL ITEMS**

- Sun hat or visor
- Swimsuit