

Dear Workshop Participants,

Greetings! When you register for a workshop a further information sheet that includes an equipment list will be sent to you by the Esalen, Tassajara or Green Gulch office. The following is a generic list of things you want to consider bringing and how you might want to prepare for the workshop. While you need not have all of these items, the items in bold with a check box are most important.

For Our Day-Hikes

- Hiking Boots/Shoes:** comfortable, lightweight boots or shoes with good tread.
- Socks:** that fit comfortable with your hiking boots or shoes.
- Day Pack:** large enough to carry extra layers of clothing, food, and water.
- Water Bottle:** one quart/liter.
- Long Pants:** lightweight, light in color, and comfortable for walking.
- Shirts:** "T" Shirts or Sport Shirts
- Jacket:** warm fleece or wool jacket or sweater that fits over your other clothes.
- Rain Gear:** a rain jacket and pants are better than a poncho
 - Long Sleeve Shirt
 - Shorts
 - Sun Screen
 - Lightweight hat with brim
 - Small Flashlight
 - Sandals or "wet" shoes: sport sandals or old shoes if we need to cross a stream
 - Miscellaneous optional items that past participants have found useful: camera, binoculars, insect repellent, running shoes, bandanna, pocket knife, matches, sun glasses, lip balm, moleskin (for blisters), hiking poles, alarm clock, notebook, and pens/ pencils.
- Check box indicates items of primary importance*

For Indoor Sessions

Bring clothes that are loose fitting, comfortable and easy to move in. For most programs it is important to have extra clothes to change into after our hikes.

Assumption of Risk

We ask all participants to be mindful of their personal safety. Most programs require participants to read, complete, and sign a waiver.

Preparation

It is useful to prepare yourself by walking and/or engaging in some physical activity each day. Experience has shown that those who have spent time physically preparing are able to more fully participate in the workshop.

Consider setting up your time as a retreat and minimizing the amount of "outside" business or phone calls you need to make. Do what is necessary to let yourself fully partake in your workshop.

Contact

If you still find yourself with questions or particular concerns about the workshop please contact the organization offering the program or contact me at my office 831-667-0162 or by e-mail at skharp@gmail.com. I look forward to our time together

Warmly,
Steven Harper