



# SKY MIND RETREATS

## MEDITATION RETREAT ON THE RAINBOW TRAIL

### WHAT TO BRING

The most important thing you can bring to any wilderness trip is a flexible attitude, ready to cheerfully accept the surprises that nature and circumstances may present. In addition, it helps if clothing, equipment and physical conditioning are adequate. The list is only a guide; you are free to make adjustments based on the equipment you actually have. If you are unsure of what to take, or have concerns about your equipment or personal conditioning, send an email to Bowe. **Do not bring: guns or other weapons, alcohol or illegal drugs, iPods or music players, or books.** These last items are discouraged because they remove us from the present moment and detract us from deepening practice.

Please keep your total weight to about 25 pounds. To this will be added about 10-12 pounds of group food and cooking equipment, plus two liters of water - another 4 lbs. Total pack weight will thus be somewhere between 35 and 45 pounds. Bowe or Susie will be happy to inspect your pack in Page, to help you eliminate unneeded items. Every pound is felt with every step!

Remember that packing for a wilderness trip can take time and careful assessment. Give yourself several days, preferably weeks, to acquire and familiarize yourself with your equipment. It is a necessity that your boots be broken in, so if your preparation for this trip included the purchase of a new pair of boots then get outside and put several miles on those shoes!

Make sure to prepare for bad weather! Do not let dry canyon country fool you. Most days will be very sunny but in April a spring storm bringing rain or snow and strong wind is quite likely. Average daytime high temperatures for this period are 65 degrees F, nighttime lows 40 degrees. Historical extremes are: high 90, low 28 degrees F. Average April rainfall is 0.42 inch. Sitting may be cool at times: Please be sure you have sufficient clothes to sit in the early and late hours of the day. (You can use your sleeping bag for extra warmth if needed.)

- CLOTHING**
- \_\_\_\_\_ Sturdy lightweight boots or full leather hiking boots, comfortable and broken-in, with Vibram or other good soles.
  - \_\_\_\_\_ Socks: 2 or 3 pair, wool or polypro, plus liners. One pair is to stay dry and clean for camp.
  - \_\_\_\_\_ Rainsuit - both jacket and pants, lightweight but tough (forget the K-Mart cheapies).
  - \_\_\_\_\_ Insulated parka or fleece jacket.
  - \_\_\_\_\_ Lightweight windbreaker - serves as a warm but light layer.  
OR down vest, heavy long-sleeved flannel shirt or other garment to add another layer in case of cold.
  - \_\_\_\_\_ Warm pullover cap and gloves. Very necessary!
  - \_\_\_\_\_ Long loose-fitting pants (or lightweight rain pants).
  - \_\_\_\_\_ Long sleeve cotton or nylon supplex shirt (for protection against sun and possible insects).
  - \_\_\_\_\_ T-shirts (2).
  - \_\_\_\_\_ Underwear (2-4). (Can be washed during the retreat)
  - \_\_\_\_\_ Hat for sun protection for face and neck.
  - \_\_\_\_\_ Bandanna.
  - \_\_\_\_\_ Clean clothes to be left in car, to change into after the retreat.

Every extra item adds weight. You'll be lifting it with every step, for ten days.

- Optional** \_\_\_\_\_ Hiking shorts.  
 \_\_\_\_\_ Crocs or other lightweight footwear to wear around camp.  
 \_\_\_\_\_ Swimsuit (Probably not needed - men and women swim separately).  
 \_\_\_\_\_ Polypro long underwear, bottom &/or top.

- FOOD** \_\_\_\_\_ **Your choice of hot and cold drink mixes.** (herb tea, cider, cocoa, coffee, etc.)  
 Hot water for drinks will be available before breakfast and after dinner.  
 \_\_\_\_\_ **Your choice of trail snacks.** (trail mix, candy, dried fruit, power bars, etc.)

- EQUIPMENT** \_\_\_\_\_ Large internal or external frame backpack, large enough to carry shared food and commissary equipment, in addition to personal gear. An internal frame gives you a lower center of gravity, but must be more carefully fitted.  
 \_\_\_\_\_ Rain cover for backpack (coated nylon) OR large plastic leaf bag.  
 \_\_\_\_\_ Lightweight sleeping bag, good to freezing (30 F).  
 \_\_\_\_\_ Ensolite foam and/or Thermarest air mattress.  
 \_\_\_\_\_ Lightweight tent or bivouac bag for rain protection at night.  
 \_\_\_\_\_ Plastic ground cloth.  
 \_\_\_\_\_ Sunglasses.  
 \_\_\_\_\_ Plastic one-liter water bottles (two).  
 \_\_\_\_\_ Water purification equipment (choose one): Iodine pills (Potable Aqua), chlorine dioxide drops (Aquamira), or filter pump.  
 \_\_\_\_\_ Matches or lighter.  
 \_\_\_\_\_ Personal toilet paper supply, in a plastic bag to keep dry.  
 \_\_\_\_\_ Whistle (for emergency signaling only).  
 \_\_\_\_\_ Personal First Aid, including moleskin or athletic tape for blisters. (Bowe will have a more substantial first-aid kit.)  
 \_\_\_\_\_ Personal medications.  
 \_\_\_\_\_ Personal and medical I.D.  
 \_\_\_\_\_ Sunblock or sunscreen.  
 \_\_\_\_\_ Mosquito head net. For sitting meditation.  
 \_\_\_\_\_ Toothbrush and toothpaste or powder.  
 \_\_\_\_\_ Small flashlight or headlamp, with extra batteries.  
 \_\_\_\_\_ Lightweight cup, bowl, and spoon (fork optional). Having both a bowl and a cup is nice so that you can have tea with your food.  
 \_\_\_\_\_ Small pocket knife (Swiss Army, etc.)  
 \_\_\_\_\_ Sanitary supplies for all pre-menopausal women.  
 \_\_\_\_\_ Extra set of car keys - all drivers (Can be safety-pinned to inside of pack pocket).  
 \_\_\_\_\_ Crazy Creek or Thermarest chair, small inflatable cushion, etc., for comfort in sitting practice. (Omitting this can lead to lots of envy meditation.)

- Optional** \_\_\_\_\_ Hiking Staff or Ski Pole, for extra stability and support. Highly recommended for those with weak ankles.  
 \_\_\_\_\_ Insect Repellent. Not bug season, but there may be some mosquitoes.  
 \_\_\_\_\_ Lightweight day pack for afternoon walks.  
 \_\_\_\_\_ Maps and compass.  
 \_\_\_\_\_ Toiletries - small towel, biodegradable soap (**not** to be used in or near streams), comb, hand lotion, small mirror, etc.  
 \_\_\_\_\_ Neutralizer pills or vitamin C powder, to neutralize iodine taste in pill-purified water.  
 \_\_\_\_\_ Extra nylon stuff-bags (a pillow when stuffed with clothing, a laundry bag, etc.)  
 \_\_\_\_\_ Camera, film, memory cards.  
 \_\_\_\_\_ Note pad and pen.  
 \_\_\_\_\_ Small binoculars.

Every extra item adds weight. You'll be lifting it with every step, for ten days.

### **ITEMS PROVIDED BY TRIP ORGANIZERS**

1. All group meals.
2. Salt, pepper, and some spices.
3. Stoves, fuel, fuel bottles, funnel/pouring spout.
4. Cooking pans, lids, and cooking utensils.
5. Vise grips or pliers.
6. Rope and cord for commissary use.
7. Trash bags for group trash.
8. Dish soap and other clean-up items.
9. Hand sanitizer (alcohol based gel).
10. Jug or pot for occasional bath/laundry.
11. First-aid kit for emergencies.
12. Basic repair kit.
13. Group trowel for toilet use.
14. Kitchen rain fly (shelter for cooks).
15. Backcountry permits.
16. Ride from Page to the trailhead.
17. Boat from Rainbow Bridge to Wahweap.

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