

## **What to Bring on Your Sacred Voyage with Us**

- Excellent Flashlight (preferably head lamp)
- Several Batteries for Flashlight
- Bug repellent
- Personal Journal
- Hat-Sun
- Hat-Cold
- Rain Gear (optional but desirable)
- Fanny pack with water bottles (optional but desirable)
- Sturdy Comfortable Hiking Shoes (already broken in)
- Light Back Pack (small day pack)
- Beach Shoes/Sandals
- Towel
- Sunscreen
- Sunglasses (optional)
- Bathing Suit
- Sarong (optional)
- Light, easy-wearing warm weather clothes like t-shirts, tank tops, and shorts
- Sweater/sweat shirt & Long Pants for cooler conditions
- One set of Warm Clothes, layers (be prepared for freezing conditions at the top of a mountain)
- Stones and Manual if your are a returning student
- Whatever inner guidance tells you to bring (important)
- Intentions for the Course
- Great Attitude

In addition to the items listed above, we suggest you bring a few 'heart gifts.' There maybe occasions when you will desire to give a gift of appreciation to someone along the journey who impacted you in a profound way, held space, shared something that assisted you, was a model for something, or whatever reason you may be guided to share a gift with them. These gifts do not have to be expensive or big, in fact they don't even have to be material. They are from the heart chosen by inner guidance. Things like pens, candles, crystals, journals, flowers, candy, rocks, dance, feathers, fruit, heirlooms, CD's, clothing, leis, jewelry, dirt, poetry, shells, games, cards, massage, song, DVD's , books, hugs and stuffed animals, are just a few of the many examples of gifts I have seen exchanged in the past. Heart gifts are not necessarily part of the course and are not required, just something you might appreciate having available to you once you are on the Island.

Please email with any questions: [tanja@sacredvoyages.com](mailto:tanja@sacredvoyages.com)

We look forward to seeing you in paradise!

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