

Here is a list of things we suggest you bring.

### **Items you SHOULD bring with you**

1. A tent and sleeping bag (if you are camping)
2. Your own linens and blanket/sleeping bag if you are in a bus or dome.
3. A good solid *flashlight* for each person. It gets very dark at night.
4. 1 or 2 towels (shower / sauna), toiletry items
5. Biocompatible shampoo and soap - go to health food store - Dr. Bonner's soap and Aubrey's shampoo are the best (all the water leads to the trees).
6. A water bottle or two.
7. A light and clock, for your tent if you wish
8. Solid shoes and sandals are nice as well! A sun hat or sun glasses if needed.
9. Sun screen if you are light skinned - we do have aloe on the land
10. Additional vegetarian snacks if you wish (can be eggs and dairy) (there is a refrigerator and stove in the community kitchen if you need them).
11. Item(s) for a temporary community altar to be set up all weekend.
12. A good sense of adventure and humor.

### **Things you MAY want to bring**

1. Binoculars for bird watching
2. Natural insect repellent (the bugs have NOT been bad)
3. A bicycle to use on the land or to take a trip
4. Hiking Boots/ hiking gear (there are many nice hills to climb)
5. Musical Instruments!!! It would be lovely to have a jam session one night.
6. Gifts for "the land" (small stones, power objects, small statues, etc, there are many lovely alters set up around the community who would appreciate your contribution)

PLEASE also go to the Wind Spirit visitors' page and read the general information for visitors. <http://www.windspiritcommunity.org/Visitors.htm>

Thanks!!!

Joanna