

GEAR LIST

We welcome men to come between noon and 3pm Thursday
May 5th 2022

Please contact Tall Heart by Wednesday at 347-843-3461
if you plan to come later.

Directions

<http://camphirock.org/directions/>

162 East Street
Mount Washington, MA 01258

There will be a Registration Spirit Camp sign on the road. Stop
here.

- A man will take your temperature.
- Please show proof of your negative PCR or Antigen test.
- Please bring your filled out [Health Form](#).
- Please take care of any outstanding financial agreements.

Gear List Weather Check

<https://weather.com/weather/tenday/1/Mount+Washington+MA?canonicalCityId=cd0297e69ec826d3733ecff15b0826f6e7d6f227cd5d5ca93fbbedbeb94ffd88>

What To Bring – What to Wear

- Check the weather. It is 10 degrees cooler on the mountain.
- Shorts and Long Pants
- Your own folding chair if you want to be more comfortable outside.
- Underwear, Long Underwear and Walking Shoes.
- Comfortable clothing for creative movement / dance

- Sleeping Bag or Blanket/s, Pillow/s, etc. (A bunk & mattress provided)
- Earplugs
- Flashlight (head lamps work well)
- Toiletries
- Towels
- Yoga mat

(No handheld electronic devices during our event)

- Your own drinking hot / cold container
- Walking stick – uneven terrain and trails
- Tent w Accessories for sleeping outside in designated areas
- Journals, writing instrument, clipboard
- Musical instruments – (drums, guitar, harmonica, rattles, flutes, etc.)
- Ritual Items for our altar
- Poetry, quotes, and writings you want to share (No electronic devices please) Print them out or bring a book.

What Not To Bring

- No weapons
- No alcohol
- No drugs
- No pets

What is Allowed

Medication (when prescribed and indicated on YMCA Medical Health form).

