

Helpful checklist of things you need or may wish to bring:

- 1) Please bring your own sheets and pillow case and any extra bedding you might need. We will provide a bed, pillow (most of the pillows are queen size) and a duvet-covered comforter. For a small charge, we will supply all the bedding for you if requested. Anything else you require like extra pillows, etc. bring it along.
- 2) a working flashlight and batteries (batteries are for sale in our little shop)
- 3)
- 4) your own water bottle (filtered water supplied)
- 5) personal toiletries, toothbrush, toothpaste, shampoo, conditioner, soap, scissors, etc. (avoid scents and strong soap)
- 6) jacket, socks and warm sweaters or clothing for layering. By the ocean temperatures vary widely even in one day.
- 7) any sun and rain gear you require: sunhat, rainhat, protective cotton clothing, boots, umbrella
- 8) personal prescriptions; for example, constipation remedy, prescriptions, etc.
- 9) non-toxic bug spray and sunscreen
- 10) camera, notebook and pens, swim suit, cell phone