



## Women's Wellness Adventure Retreat Carter Caves State Resort Park, Kentucky

### What To Bring

#### Hiking

- ✓ Boots or other sturdy footwear.
- ✓ Trekking poles.
- ✓ Daypack with water and snacks.
- ✓ Rain jacket, hat, gloves and extra layers of clothing.

#### Yoga In The Cave

- ✓ Yoga clothing.
- ✓ Yoga mat or beach towel.
- ✓ Old blanket or beach towel for under yoga mat. For the cave floor.

#### Wild But Mild Caving

- ✓ Yoga clothes or other tight fitting clothes to wear under coveralls (provided).
- ✓ Second pair of boots or other sturdy footwear. *These boots will get wet during the cave trip!!!*
- ✓ Gloves. Cotton gardening gloves are fine.
- ✓ Note: After the cave trip you'll take off your wet and muddy coveralls in the parking lot of Cascade Cave and wear your yoga clothes in the van for the ride back.

#### Down For Dummies Rappelling

- ✓ Cotton long pants. Blue jeans are best. No nylon or synthetic fabric pants. No shorts.
- ✓ Boots or other sturdy footwear. Tennis shoes are acceptable but not recommended. No open toe shoes such as sandals or flip-flops.
- ✓ Leather gloves or leather-palmed gloves. Cotton or nylon gloves are not acceptable.
- ✓ Dress appropriately for the weather. There will be some standing around time for those who are not actively rappelling.

#### Cottages

- ✓ Food, if you plan to prepare your own meals.
- ✓ Snacks.
- ✓ Your own adult beverages and wine glasses, if applicable.
- ✓ Cottages come supplied with all linens, towels, hair dryer, iron and ironing board.
- ✓ Cottages have a fully equipped kitchen with a full size refrigerator, range, oven, microwave, dishwasher, 12-cup coffee maker (basket filter), toaster, plates, cups, tableware and basic cooking utensils.
- ✓ There is no wifi in the cottages. Wifi is available at the lodge. Cottages have good cell service.

## **Optional Items**

- ✓ Water bottle and drinking water, if you don't drink tap water.
- ✓ Headlamp and/or flashlight for X-Cave walking tour and night hike.
- ✓ Camera.
- ✓ Umbrella.
- ✓ Cash for tips for various guides, dining staff and housekeeping.

## **Grocery Stores**

You are encouraged to bring any groceries with you. Olive Hill, the nearest town, has two small grocery stores, Superior Foods and Save-A-Lot. They carry all of the basic items but you may find their selection limited compared to a larger city grocery store. The grocery stores are about a 15-20 minute drive one-way.

## **Adult Beverages**

If you wish bring your own adult beverages. The park is located in a dry area meaning alcohol sales are not permitted. Consumption is legal. The near beverage stores are in Olive Hill where beer and wine carry out sales are available. You may find their selection limited. The town of Grayson has a larger selection of beer and wine and is slightly farther away.