



# Rancho La Puerta - Packing List

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## Essentials

- **Water Bottle**
- **Forma Migratoria Múltiple, or FMM (tourist visa) and payment receipt**
- Hand Sanitizer (Hand sanitizer will also be available in the Mercado)
- Warm lightweight jacket (i.e. fleece)
- Camera
- Cash (for tipping and purchases of DVD's)
- Cosmetics
- Casual clothing
- Sweater or jacket for cool evenings
- Low heeled shoes
- Underclothes
- Sleepwear
- Toiletries
- Shaving gear
- Sunglasses
- Sunscreen
- Hat (with brim or visor)
- Wristwatch
- Over-the-counter and/or prescription medications in originally prescribed bottles
- **Please remember to bring closed-toe shoes to wear to all hands-on cooking classes at La Cocina Que Canta**

*If you are planning to arrive prior to the 2 pm check-in, we recommend you include a small "day bag" with any necessary items for you to enjoy your day at the ranch without having to dig for them in your suitcase. It might possibly include water bottle, sunscreen, swimsuit, a hat, workout clothes and shoes.*

## For Fitness Classes

- Aerobic, walking, running or cross-training shoes are needed for most classes
- Workout clothes
- Warm-up suits and cotton-blend T-shirts and shorts
- Bathing suits, swim-shirt and aqua shoes (for shallow water classes)
- Court shoes with toe box, arch and heel support (for tennis and pickleball)
- Tennis racket
- Avid birdwatchers should bring their own binoculars for bird walks and general birdwatching (we provide loaners for bird walks only)



### For Hikes and Guided Walks

- Well broken-in hiking boots or shoes with aggressive lugged tread are REQUIRED for mountain hikes.
- Walking or running shoes with good soles are fine for other hikes.
- Bring several pairs of synthetic or light wool hiking socks, and liners. No cotton socks, please (they cause blisters).
- Warm-up suit or other lightweight-but-warm “layered” clothing system (i.e. shirt plus fleece vest) that allows you to be warm, or cool down, as needed.
- Windbreaker
- **Water bottle**
- Hiking poles are not available at The Ranch. Please bring your own hiking poles if you plan on using them on the morning hikes.
- Fanny pack or small lightweight day pack (capable of carrying a water bottle and snack on hikes). Or...these and other hiking items are sold in our small store. (We provide an over-the shoulder tote bag for your water bottle and other items you wish to keep with you)

### For hikes in late fall, winter and early spring, November to March

- Rain gear (we don't get much—perhaps 10 inches a year—but it can happen, usually in Feb. and March)
- Warm, light-weight jacket (i.e. synthetic fleece)
- Long, loose-fitting pants (warm up or hiking pants)
- Scarf or cap
- Gloves

### What You DON'T Need to Pack

- Shampoo, Conditioner, Body Wash and Body Lotion: Our Core Essentials line is available in all of our guest rooms and spas for your daily use.
- Plug adapters (The Ranch's electrical current and outlets are U.S. standard)
- Hair dryer
- Robes
- Alarm clocks
- Umbrella
- Large towels
- Reading material (we have a VERY large lending library)
- Laptop (we have a free internet access center)
- Spanish dictionary (everyone speaks English!)
- Tote bag
- Jewelry and perfume are best left at home. Instead, enjoy the natural aromas of our herb gardens.

### What can guests request:

- Heating pad
- Pedometers, for tracking steps. (can also be purchased at the Mercado)
- Hot Plate (used for heating up water or other things)