

# Sedona Gear

You Sedona Journey experience will be enhanced greatly if you are properly outfitted, sun protected, hydrated and mineralized.

## Sunscreen

To avoid sunburn, we recommend high SPF sunscreen applied at the beginning of the day and reapplied mid day. You might also consider wear a hat and lip balm.

## Average Temperatures in Sedona during May & October

Day: 82

Night: 47

Go to weather.com and type in the zip code 86336 for an up to date forecast.

Dehydration ... You need to drink a **GALLON** of water a day in Sedona or you could become dehydrated. Have water in your room and in your back pack. Also, consider adding **TRACE MINERALS** to your water and taking a multimineral supplement which can maximize water absorption and keep your energy high. Upon request, we can mail you two broad spectrum mineral products from our clinic: Krebb's Ionized Chelates and Body Bio Liquid Minerals (Call Teresa at: 757. 633-6942).

## Back Pack

You will need a small, light weight back pack for carrying food & water. A "camelback" has a bladder inside the pack that holds water and a hose for hands free drinking. You can find a camelback at Target or Blue Ridge Mountain Sports.



## Flexible hiking shoes & thick wool socks

You will need a pair of flexible shoes (**not boots**) with a good arch and side to side supports and grip like tread. Wool socks will keep your feet happy!!!



## Loose, light weight pants or shorts

You will need flexible pants/shorts (**not jeans**) that allow you to easily bend your knees, squat, etc. Some pants unzip to shorts (see pic).



## Light layers

Temperatures can vary from very hot to cool. Wear layers, i.e. undershirt, short sleeve shirt & long sleeve shirt. Make sure all layers are not binding and allow you freedom of movement.



## Swimwear

Clothing that you feel comfortable wearing in water, water shoes.