

Northwest Women's Surf Camps Essentials to Pack

Here's a list of items you will need for the day's adventure:

Beach towel, bathing suit, sunscreen, sunhat or cap, thongs, sunglasses
Warm, layered clothing that's comfortable and loose fitting
A light windbreaker (the Oregon coast can get windy)

Optional items you may want to bring:

Rashguard (for under the wetsuit), disposable camera, and yoga mat

Northwest Women's Surf Camps will provide a nutritious sack lunch, juice, soda and water beverages for all participants of day camps. We also provide beach chairs and have a complete First Aid kit on hand, if needed.

Remember all surf rental equipment, transportation and instruction is included in the camp cost. If you have your own wetsuit, please make sure it is adequate for the Oregon coast water temperatures. Please email Director Lexie Hallahan if you are not sure. \$20 will be discounted if you have your own suit. The surfboards we provide are necessary for the most progressive and safe surf experience. If you have questions about the surfboards we use or would like to use your own, please email Director Lexie Hallahan.

In preparation for the camp, swimming and yoga stretches are beneficial. Public pools and yoga studios are pretty popular in most communities. Keep in mind, you will be taught yoga poses the morning of the camp that can further increase your flexibility, core strength and the necessary warm up for the day's surfing instruction.

We want to provide you a great instructional experience which is both safe and fun! We will strive to make this day a most unique and special opportunity for you and yours to connect with the ocean and meet other enthusiastic women who do to! *See you there, Lexie Hallahan, Director*