



GoQuantum Earth

What To Bring

- Sedona's weather historically is a high of 23 degrees Celsius and a low of 6 degrees Celsius – bring outdoor clothing that is appropriate. Check the weather prior to packing. Pack classroom clothes, hiking clothes, and restaurant clothes.
- You will need an updated passport or visa WITH MORE THAN SIX MONTHS left on it before expiry date, in order to enter the United States.
- For program related activities, dress comfortably IN LAYERS, as the temperature varies considerably from quite warm to chilly. Bring a swim suit, sunscreen and a light jacket too.
- Dressy-casual, or business-casual is appropriate for all restaurants in Sedona.
- Bring closed-toe walking shoes like runners or hiking boots for hiking, comfortable footwear for classroom sessions and pool time, and shoes that are restaurant appropriate.
- Bring items to energetically charge, if you like, on the many alters and sacred sites that we will visit. Please keep these items physically manageable as you will be hiking them in and out of the excursions.
- Credit cards and/or U.S. dollars so that you can take advantage of the local artisans, crafts-persons, and adventures that are in Sedona. There are more artisans per capita in Sedona than anyplace else in the world.
- Pre-book your spa experiences and remember that you receive an extra 15% discount on any spa services by mentioning Creatrix Go Quantum. The spa is a great way to pamper yourself after a day of hiking or initiations and they fill up EARLY, so book soon!
- Bring any medication you might need, sunscreen, and any items such as vitamins etc. to add to the well-being of your trip
- A camera is highly recommended!!! It is one of the most stunning vistas on the planet.

What Not To Bring

- Huge bulky items, impractical footwear, or single layer only clothing.
- Journals and workbooks will be provided for you at the hotel