

The list below is things you may find useful on your Retreat weekend away. These are suggestions only and we suggest bringing anything that you feel will make your weekend more comfortable.

- Enough warm and cool clothes for the weekend, please come prepared for all types of weather
- Rain Coat (umbrella, rain pants, and boots optional but nice if it rains)
- Sunscreen, hat (for warmer weather)
- Swim Suit & Towel
- Sturdy shoes/ hikers
- Water shoes (Canoe)
- Sleeping bag & pillow (bedding/linens are not provided)
- Travel mug
- Refillable water bottle
- Flashlight
- Lawn Chair
- Bath Towel
- Ear plugs (great for light sleepers!)
- Eye Mask
- Cash (if you are booking an Energy Healing Session)
- Yoga Mat/Lounging Blanket
- Toiletries
- Bug Repellent
- We will have lots of delicious home cooked meals & snacks, however You are welcome to bring your own comfort food or food to share with the group. Be mindful that half the group is vegan & gluten free if you are bringing goodies to share.