

What to Bring on Retreat

- Comfortable clothes for yoga & meditation
 - Long pants for forest foraging
 - Hiking clothes and boots
 - Gum boots
 - Slip on shoes for inside
 - Warm socks
 - Warm jackets + beanie - it can get cold at night
 - Bikini or swimwear
 - Rain jacket
 - Yoga mat (optional)
 - Personal toiletries - shampoo / soap
 - Any essential medications or supplements
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