RESIDENTIAL RETREAT KIT LIST

YOU WILL NEED:

- [ ] Sleeping bag
- [ ] Personal toiletries (including toothbrush, toothpaste, shampoo, etc.)
- [ ] Pair of pjamas
- [ ] Money for tuck shop (recommended £10)
- [ ] Towel
- [ ] Sun cream
- [ ] Sun hat (summer retreats)/woolly hat, scarf and gloves (winter retreats)
- [ ] 4 t-shirts (at least 1 long sleeved top)
- [ ] 3 pairs of loose fitting trousers(leggings or joggers)
- [ ] 2 warm long-sleeved jumpers
- [ ] 1 thick fleece/jacket
- [ ] 1 waterproof coat
- [ ] Waterproof trouser (if possible)
- [ ] 2 pairs of walking socks
- [ ] Pair of wellies or walking boots (there are some wellies available to borrow if necessary)
- [ ] 5 pairs of underwear
- [ ] 1 pair of old trainers (to be worn outside - they will get muddy)
- [ ] 1 pair of indoor shoes (not slippers - trainers are ideal)
- [ ] Water bottle
- [ ] Torch (optional)

PLEASE NOTE:

We advise that personal electronics are not brought on retreat - all electronics are brought at owners' risk . Electronics, such as hairdryers and straighteners, cannot be used on retreat. Each visitor will have to carry their bag to their room - this may involve walking up many flights of stairs so please pack a bag that you can carry.