

# What to bring

Clothing should be practical, functional and comfortable. Dress in layers in the cooler months from May to September. We suggest you pack for two changes of active wear per day.

For all stays longer than three days it is advisable to reduce your intake of alcohol, caffeine and nicotine during the week prior to your arrival. This will help to maximise the enjoyment of your stay.

## **Please do not bring:**

- Alcohol
- Food and snacks
- Caffeine
- Cigarettes
- Illegal drugs and non prescription drugs
- Mobile devices including laptop computers and tablets (use in guest rooms only)
- Newspapers

## **Things you will need:**

### **Active Wear**

- T-shirts and tops
- Tights, gym pants, tracksuit and shorts
- Swimwear
- Grippy/non-slip socks (often used for Pilates/trampolining)

### **Footwear**

- Hiking shoes for traction and support over rocky or muddy trails on daily walks
- Flat comfortable shoes for indoors
- Slip on shoes e.g. thongs or sandals
- Walking, running or cross trainer shoes

### **Essentials and Extras**

- Sweatshirt or jacket
- Personal Items
- Sarong
- Cap or hat
- Sunglasses
- Backpack or carry bag
- Natural sunscreen
- In winter bring a warm jacket and warm layers. You may like to include a beanie and gloves
- Light raincoat
- Watch
- Yoga mat
- Water bottle
- Any essential prescription medication (there are no shops or pharmacies close to the retreat)