

What to bring

To make your stay with us as enjoyable as possible, here is a list of things we recommend bringing with you. Clothing should be practical, functional and comfortable. Dress in layers in the cooler months from May to September

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.

Arrival Day:

To help you easily settle into the retreat on arrival and enjoy the facilities, **please bring a small day pack** (in your carry on luggage or in your car) with relaxed clothing, training shoes, sunscreen, swimmers, a hat, plus a jacket in winter. You are welcome to explore the property, use our two pools, have a sauna or steam or use the gym until your room is ready.

Please do not bring:

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

Things you will need:

Active Wear

- T-shirts and tops
- Tights, gym pants, tracksuit and shorts
- Swimwear
- Socks

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

- Water bottle (we have many water refill stations)
- Sweatshirt or jacket
- Personal Items
- Sarong
- Cap or hat
- Sunglasses
- Backpack or carry bag
- Natural sunscreen
- In winter bring a warm jacket, warm layers. You may like to include a beanie and gloves
- Light raincoat
- Watch (to avoid using your phone)
- Any essential prescription medication (there are no shops or pharmacies close to the retreat)
- Bring face masks if current guidelines require this and your own hand sanitiser if preferred.

We also have a wide range of clothing and essential items available at our store.