



# 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
- ☐ 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 (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.

