

# What to bring on retreats

## **Sleeping :**

- A sleeping bag!
- An alarm clock
- A good torch!
- A towel
- Please bring only organic soaps, shampoos, conditioners, toothpastes!

## **Weather & walks :**

- A water bottle,
- A sun hat, sun cream,
- A raincoat,
- A meditation shawl (for warmth), a warm jumper
- A small rucksack for carrying whatever on walks,
- Good walking shoes ! And sandals are good for hot weather.

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