

CLARE RETREAT PACKING LIST

Thank you for joining our retreat! We can't wait to have you along! Here's all the things you need to bring!

Personal Items

- Yoga mat
- Mobile phone and charger
- Toiletries
- Sunscreen
- Any personal medications - we are not able to provide any sort of medications for you
- Games & entertainment for the spare time - books/podcasts/cards/group games
- Camping gear if you are camping

Walking Gear

- Day pack - large enough to carry water bottles & a lunch box
- Water bottles or water bladder (capacity to carry at least 2 litres)
- Hiking shoes or boots - comfort is key (we wear trail runners)
- Rain jacket
- Hiking poles - optional
- Sunglasses

Clothing

- Shirts for walking- any active wear top will be fine
- Hiking pants and/or shorts - just not jeans
- Yoga clothes
- Hat
- Socks - merino is good for hiking
- Underwear
- Fleece jumper or similar
- A warm jacket - please remember down jackets are not rain jackets and will not protect you when they get wet
- Beanie
- Gloves
- Bathers/swimmers/togs/cosi and towel - there are no pool towels provided
- Comfortable & warm clothes for around the accommodation
- Spare shoes for around the accommodation