

Suggested Kit List

Please use common sense when packing for your stay. Experience tells us that when packing for a retreat, it is very much a personal preference. Some arrive with enough clothing, suitcases and bags for a month and some arrive with a rucksack.

Also please take into account the time of year and please check local weather for your retreat.

You may not need every item on this list, they are just suggestions.

CLOTHING

- Bring layers that can be easily removed when warm and put back on again when cooling off.
- Training tops
- Training bottoms, shorts, leggings etc
- Swimwear
- Tracksuit top/Hoodie
- Underwear
- Socks
- Windproof / waterproof jacket
- Walking Trousers
- Gloves
- Hat

FOOTWEAR

- Training Shoes x 2 pairs if possible
- Walking Boots or Shoes
- Slippers

MEDICAL

- Personal Medication
- Blister Plasters (Compeed)
- Ibuprofen
- Plasters

Please note: We are not allowed to give out painkillers or anti-inflammatories

MISCELLANEOUS

- Rucksack
- Water Bottle
- Sunglasses
- Phone Charger
- Ear Plugs
- Ear Phones
- Sunscreen
- Cash for treatments
- A good attitude!