



Hi There,

Here is a list of the things that you will need to bring for your Retreat at XXG.

- Bedding;
 1. Bedding suitable for a twin bed or sleeping bag.
 2. Pillow
- Footwear:
 1. Slippers or comfortable shoes to use indoors.
 2. Boots; if you would like to explore it would be a good idea to bring footwear that can take mud and wet.
- Clothing:
 1. Appropriate clothing for the season;
- Toiletries:
 1. Towel, washcloth...
 2. personal sundries

Please let us know of any dietary restrictions.