



# Kit List - Residential Retreats

- Sleeping bag (if staying in Alton Castle, If staying in Soli, quilts/bedding is provided)
- Personal toiletries (including toothbrush, toothpaste, shampoo, etc.)
- Pair of pyjamas
- Money for tuck shop (recommended £10/15)
- 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 (essential, just in case)
- 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)

We encourage people to step away from screens, however we understand that they are sometimes needed - 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 some flights of stairs so please pack a bag that you can carry!