



DAY RETREAT KIT LIST

YOU WILL NEED:

- Water bottle
- Packed lunch
- Sun cream
- Sun hat (summer retreats)/woolly hat, scarf and gloves (winter retreats)
- 1 thick fleece/jacket
- 1 waterproof coat
- 1 pairs of walking socks
- We recommend you bring 1 change of clothes (including socks) - you may need a change of clothes depending on weather and activities.
- Pair of wellies or walking boots (there are some wellies available to borrow if necessary)

PLEASE NOTE:

We advise that personal electronics are not brought on retreat - all electronics are brought at owners' risk.

