

SOLI KIT LIST

- Personal toiletries (including toothbrush, toothpaste, shampoo, etc.)
- Pair of pyjamas
- Money for tuck shop (recommended £10 in cash)
- 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
- Waterproof trousers (if possible)
- 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
- Large plastic bag (for wet clothes)
- Personal medication

Please note:

We advise that personal electronics are not brought on retreat - 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 many flights of stairs so please pack a bag that you can carry.