

Suggested List of What to bring to the Winter Retreats

For Day Retreats

Coffee/Tea mug (or travel mug)
Snow boots (that are water proof and warm)
Slippers or house shoes for the cabin
2 pairs gloves (preferably thinner and thicker)
warm socks (wool or something similar but not cotton)
long underwear or snow pants
warm coat, sweaters, layers (one layer should be a windbreaker)
camera (optional)
warm hat
special snacks/beverages (if you have particular things you like)
wifi is available in main cabin as well as a landline for emergency use
book to read (optional)
journal to write in & pen (optional)
yoga mat (optional) – we have some sleeping pads available for yoga
any medications you need
Completed Medical and Consent Form
Completed Registration and Waiver Form
Food to share (optional)

No alcoholic beverages or drugs please. This is an alcohol/drug free event

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