

Annual Retreat Packing List

In addition to your regular packing, you may wish to bring the following – particularly if you are camping!

We suggest you bring the following items:

- Yoga mat
- Water bottle / mug
- Personal toiletries
- Flashlight or headlamp
- Health and safety items, such as prescription medications - including EpiPens
- Clothing items:
 - Hat, sunscreen, sunglasses
 - Versatile clothing for all types of weather (layers are helpful!)
 - Work or rain boots - especially if volunteering
- If camping, camping gear such as:
 - Tent
 - Sleeping pad, blow-up mattress, or foam pad
 - Sleeping bag
 - Extra blankets or other bedding for your own comfort. Please know that it can be quite cold in the evenings here, even during summer months. Please make sure to bring enough bedding to keep warm throughout your stay.
 - Extra waterproof rain tarp may be helpful.
 - A bath towel

Not essential, but you might enjoy having:

- Journal
- Indoor shoes or slippers
- Personal yoga props
- Swimsuit for swimming in the lake
- Beach towel
- Rain gear (optional)
- A camera

Please **do not** bring:

- Candles, incense, camp stoves, etc as the fire risk on the island can be high
- Pets (exception - medically approved guide dogs)
- Alcohol, tobacco, or recreational drugs.
- Meat, poultry, seafood, and eggs
- Strongly scented products
- Valuables