**RESIDENTIAL RETREAT KIT LIST**

□ Sleeping bag

□ Towel

□ Money for tuck shop & gift shop

□ Personal toiletries (including toothbrush, toothpaste, shampoo, hairbrush)

□ Sufficient changes of casual clothing for your retreat

□ Pair of pyjamas

□ Waterproof coat

□ Waterproof trousers or trousers that you don’t mind getting a bit muddy

□ Walking boots, wellies or sturdy shoes

□ 1 pair of indoor shoes (trainers are ideal)

□ Change of clothes for disco/party

□ Sun hat, sun cream (summer retreats)

□ Warm hat, scarf, gloves (winter retreats)

□ Water bottle

□ A musical instrument if you play one (useful for your free time and for joining in the music sessions and liturgies we have)

**PLEASE NOTE:**

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

Hair straighteners cannot be used on retreat. Hairdryers can be used as long as they do not have a diffuser attached.

Each visitor will have to carry their bag to their room - this may involve walking up several flights of stairs so please pack a bag that you can carry.