

E D E N

What to bring:

- Casual easy-moving clothes for day wear
- Yoga/exercise gear
- Casual wear for the evenings
- Layering clothes in the cooler months for morning and evenings
- Running, hiking or sports shoes with tread (a 2nd pair is advised if it's likely to be wet)
- Swimmers, casual shoes, sunglasses, hat, sunscreen and insect repellent
- Personal toiletries though body wash, shampoo and conditioner are all supplied
- Warm clothes in the winter months
- Slippers and or thongs
- Torch

What not to bring:

- Tobacco products, as there is strictly no smoking on the property
- Food or beverages including sweets, caffeine or alcohol or any substance containing alcohol or caffeine

