

E D E N

HEALTH RETREAT

WHAT TO BRING



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



WHAT NOT TO BRING

- Tobacco products and vapes, as there is strictly no smoking on the property
- Food or beverages including sweets and alcohol