

What to Bring on Retreat

Adapted from Shell Fisher/La Sarmiento | Jun 26 2013

There are several items you can bring that will help you create a comfortable retreat for yourself and others.

- Loose, comfortable, casual, layered clothing
- Walking shoes/indoor shoes that can easily be slipped off and on, and/or shoes for walking the trails and grounds if available
- Fragrance-free toiletries and sunscreen. Out of respect for fellow yogis who experience allergies and chemical sensitivities, please bring and use only fragrance-free toiletry products. Fragrance-free products are available at Whole Foods and most health food stores. For residential retreats, we'll also have limited quantities of fragrance-free shampoo, conditioner, shower gel, and lotion available. For more information please see the [Fragrance-Free Requirements](#) page.
- A blanket/shawl if you get cold and would like extra warmth in the meditation hall. It is often difficult to regulate the temperature for everyone's different comfort range.
- Your own zafu, bench, blankets, and/or cushions if you prefer them. Zafus and zabutons are available for your use at Serenity Ridge. Chairs will also be available.
- Rain gear and flashlight.
- Yoga mat and blanket.
- Ear plugs.