

iBme Retreat Packing List Summer/Warm Weather

Bring clothing to last for 6 days and 5 nights. We will be outdoors as much as weather allows, so be sure to bring things you will be comfortable in, outside in summer. Please bring an extra change of clothes or two as clothes can get sweaty, wet, or dirty, and accidents do happen.

You'll want to bring comfortable, loose-fitting clothing to meditate. Seated meditation in tight jeans or pants is really uncomfortable! You do not need to buy new or special clothing for this retreat – pajama pants, yoga pants, and sweatpants are all great options for sitting comfortably.

Essentials to Bring

- Pillow & pillowcase & twin sheets
- Blanket/Sleeping Bag
- Towel and Washcloth
- Water bottle / travel mug
- A watch, because you won't have your phone and may want to know the time
- Slip on shoes for Med. Hall

Clothing

- Comfortable pants / jeans / sweats
- T-shirts
- Bathing suit - some retreat centers have option to swim
- Sweaters / sweatshirts / hoodies
- Clothes you can do yoga in
- Windbreaker/light jacket
- Rain gear (rain jacket / umbrella)
- Socks & Underwear
- Sneakers / walking shoes
- Sun hat / baseball hat

Toiletries

- Toothbrush / toothpaste / floss
- Shampoo / conditioner
- Bath soap / body wash
- Hair brush / comb
- Deodorant
- Sunscreen & Bugspray
- Medications / remedies / vitamins & supplements

Optional Items

- Meditation cushion / sitting bench
- Shawl or blanket to keep you warm while meditating
- Yoga mat
- Flashlight / headlamp
- Journal / pen
- Musical instrument
- Camera
- Toys / games (cards, hacky sack, etc. Please be mindful in your selection of appropriate games to bring)

Prohibited items and activities:

- Possession or use of illegal drugs of any kind is expressly forbidden.
- Smoking and vaping are strictly prohibited throughout the property.
- Possession or use of weapons or firearms is expressly forbidden.
- Candles, incense, and fires of any kind are prohibited.
- No food or drink in the dorms or guesthouse rooms.
- Hair dye, tie dye, or other permanent dyes

What's Provided:

- Twin bed and mattress
- Meditation cushions and Chairs
- Yoga mats
- Refrigerator for medications or special food items you need
- First aid kit/OTC meds