



## *5-Day A Return to Me Retreat*

### **WHAT TO BRING**

Below is a list of suggested items to consider when packing

Link to The Weather Network - [monthly climate forecast](#)

#### **Clothing**

- T-shirts
- Singlets/Camisole style tops
- Shorts
- Long cotton pants, or jeans, or cargo style pants
- Light long sleeve cotton tops or shirts
- Cardigan, hoody, or tracksuit style tops - cool morning and evenings
- Sun dresses
- A cap or sun hat
- Swimwear
- Sandals - one good pair of all weather sandals will take you everywhere
- A cap or sun hat - also available inexpensively in town
- A light cotton or linen scarf of sorts, or those light long sleeve shirts mentioned above, go a long way for sun and wind protection or for a little warmth if you find yourself in a cold inside climate like a bus, car, grocery store, or closed eatery

**Toiletries** - that are not easily found or bought here

- Natural sanitary items
- Natural mosquito repellent

■ End