

Suggested Packing List

Ecology Retreat Centre Meditation Retreat with Bill Gayner

a) ***Meditation supplies:***

- Meditation pillow, mat, or other meditation sitting and back support supplies
- Journal or writing pad for your meditation writings
- Pens, markers, art supplies for your meditation journaling
- Shawls or blankets that help you keep warm or feel supported during your meditation sittings
- *Optional:* seat cushion for your chair in meditation hall

b) ***Personal packing list*** to support your enjoyment of the Ecology Retreat Centre facilities such as trails, pool, fields and weather conditions:

- Indoor shoes or slippers
- All personal hygiene products including shower soap (***we strongly recommend unscented products be used – it normally lessens the mosquito attraction and also supports our guests with scent sensitivities***)
- Facecloth (if it is your habit to use one)
- Hairdryer
- Bug spray & sunscreen
- Hat
- Jacket or sweater for the evenings
- Hiking shoes (for trail walking)
- A small flashlight (for trips to the fire circle)
- Water bottle
- Cell phone charger
- Swimsuit (their pool is open May 15 – September 15)
- Pool towel (the Ecology Centre does not allow their regular shower towels to be used at the pool)
- Yoga mat (or rent from the Ecology Retreat Centre for \$2/mat)

The following are the items that will be supplied to you by the Ecology Retreat Centre and that you do NOT need to bring:

- Bath towel (only to be used for showers and in the bathrooms, please bring separate towel for swimming in the pool)
- Bed linens: blankets, sheets, pillows and pillow covers