

Gear list for *Entering the Wild* retreat

Items in bold are essential, others optional

Overnight pack with waterproof liner

Sleeping bag

Pillow case

Tramping boots or good footwear suitable for rough terrain

Water sandals (for optional river walking)

Light footwear for indoors

Cool clothing for tramping (e.g. shorts or light trousers, singlet, T-shirt etc)

Warm layers (e.g. fleece or wool light and medium-weight tops, leggings, warm hat etc)

Waterproof rain gear

Sun hat

Sun screen lotion

Mosquito repellent

Spoon/fork

Light-weight bowl and mug

Tramping socks and spare socks for dry feet

Sleeping attire

Personal toiletries

Earplugs

Light towel or face cloth

Personal medicines

Water bottle

Lunch box

Day pack (for shorter day-walks)

Closed-cell foam mat or similar for sitting in the bush

Swimming togs

Comfortable loose clothing for yoga sessions