

2025 RETREAT PACKING LIST

Spring in Your Step

- Comfy clothes for day and night
- Jumper or jacket
- Pyjamas
- Socks and undergarments
- Shoes for walking, shoes for relaxing
- Spring-themed outfit for the disco
- Toothbrush and toothpaste
- Hairbrush or comb
- Shampoo, conditioner, and body wash
- Deodorant (no aerosols)
- Towel
- Sanitary products (if needed)
- Tissues or handkerchief
- Hat, Sunscreen, Sunglasses
- Rain protection (raincoat or poncho)
- Insect repellent (no aerosols)
- Water bottle
- Medication (if needed)
- Phone charger and other chargers needed
- Plastic bag for dirty clothes
- Sleeping bag (if you get cold at night)
- Companion Card (if you have one)
- Opal Card (if travelling from Central Station)
- Tote bag or small backpack for day use

