



- Light Colored Ceremony Clothes
- Usual ceremony Gear
- Flash lights & ambient light \*
- Spare Batteries and charger\*
- Thermo-mat or cot if in tent
- Sleeping bag if in tent
- Hammock + ropes/stand
- Drinking water container 4-8L\*
- Tupperware containers\*
- Backpack for carrying water
- Utensils + drinking cup
- Camping Chair
- Musical Instruments
- Art making supplies\*
- Journal
- Shovel\*
- Towels/sarong
- Bathing suit
- Long sleeved clothes
- Short sleeved clothes
- Pants/shorts/skirts
- Sweater/warm clothes
- Rubber boots, hiking boots
- Flip flops/sandals
- Moon-time products if needed
- Toothbrush
- Soap, shampoo, toothpaste\*

## NOTES:

\* NO CANDLES ALLOWED

\* BATTERIES CAN BE CHARGED IN THE MAIN HOUSE

\* IF YOU WILL BE IN A TENT, PREPARE AND TEST YOUR EQUIPMENT, ENSURING IT WILL SHELTER YOU, WITHSTANDING RAIN AND WIND. GET AN ADDITIONAL TARP AND FOOTPRINT FOR THE TENT IF NECESSARY.

\* YOU WILL NEED TO COLLECT AND STORE YOUR DRINKING WATER.

\* TWO 3-4 CUP CONTAINERS, TWO 2-CUP CONTAINERS, ONE 1-CUP CONTAINER, TWO ½-1 LITRE THERMOSES (OPTIONAL).

\* PENCILS, PAPER, COLOURING BOOKS OR SIMILAR

\* IF YOU WISH TO USE FOREST AS YOUR TOILET FOR #2

\* TO BE USED BEFORE AND AFTER YOUR DIETA