



What should I bring with me to the retreat?

Please bring an open heart and an open mind. Also bring the following earthly items:

- Yoga mat and additional props (for your comfort)
 - **Please note:** We will NOT have extra yoga mats available – you should bring your own. Thank you for understanding. If you plan on attending the Sound Therapy and Restorative Yoga sessions during Friday and/or Saturday evening, we STRONGLY encourage you to consider bringing a yoga bolster, and yoga (or non-yoga blanket) along with yoga blocks. If you do not have any of these items, please don't feel the need to go out and purchase them. In fact, just bringing a pillow with you, instead of a yoga bolster will serve the same purpose. We will have some props available (but depending on the number of attendees, props may become sparse, and we would like for you to be as comfortable as possible 😊).

Optional for your comfort:

- Umbrella (in case it rains)
- Flashlight
- Bug spray
- Water bottle (there will be water fountains to fill up your water bottle)
- Dress comfortably! Dress in layers! Bring comfy shoes for hikes and strolling on the beautiful property
- Phone charger (we will have only have a couple of iPhone chargers in the “charging area”)
- Bring anything else that might make you more engaged and comfortable

If you are staying the night:

- Linens, blankets and pillows for your bunk. All bunks are twin size. **THERE WILL NOT BE LINENS, PILLOWS OR BLANKETS PROVIDED**
- We also suggest that you bring ear plugs, fan, or noise maker if you are a light sleeper
- Shower and toiletry items (bath towel, shampoo, soap, toothbrush, toothpaste etc.)
 - Each bunk also has a private chest of drawers (they do not lock – see next question) to store your personal belongings.
 - **Please note:** no food or drinks are allowed in the bunk rooms (although bringing water and protein/snack bars are acceptable.)

What should I NOT bring?

Please don't bring anything of great value. Cuyahoga Valley National Park and SHINE Akron are not responsible for any stolen or lost personal items.

Can I secure items in the bunk rooms? There are cubbies that lock with one universal key. If you must bring something that needs secured, you can use one of these cubbies and the host will lock up the item for you. Or you can place items in your vehicle/trunk too.