

What to Pack for Your Retreat
Second week of November · Nashville, TN area · Friday to Sunday

Expected Weather:

Daytime highs: 55–65°F — cool and crisp

Morning and evening lows: 35–42°F — cold, especially outdoors

Possible rain — November averages 4–5 rainy days

Clothing — Layers Are Key

- ☐ Warm jacket or coat for morning and evening
 - ☐ 2–3 long sleeve shirts or sweaters
 - ☐ 1–2 t-shirts for layering underneath
 - ☐ Comfortable pants (2–3 pairs)
 - ☐ Warm sleepwear — nights are cold
 - ☐ Warm socks (3–4 pairs)
 - ☐ Scarf or shawl for evening sessions and fire pit
 - ☐ Light rain jacket or poncho
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Footwear

- ☐ Comfortable closed-toe walking shoes for trails — the ground may be damp
 - ☐ Warm slippers or cozy socks for inside the retreat house
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Outdoor Essentials

- ☐ Small backpack for nature walks and trail hikes
 - ☐ Insect repellent
 - ☐ Sunglasses
 - ☐ Hat or beanie for warmth
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Personal Items

- ☐ Toiletries (shampoo, soap, toothbrush, etc.)
 - ☐ Any personal medications you are currently taking
 - ☐ Phone and charger
 - ☐ A reusable water bottle (one will also be provided)
 - ☐ Eye mask and earplugs if you are a light sleeper — sleeping areas are shared
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For Sessions and Workshops

- ☐ A notebook and pen will be provided
 - ☐ A blanket or shawl for meditation — the meditation sanctuary can be cool
 - ☐ An open heart and an open mind
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Please Note

- ☐ All bedding and linens are provided
 - ☐ Herbal teas, honey, and filtered water are available throughout the retreat
 - ☐ All nourishment is included — no need to bring food
 - ☐ We recommend eating a full meal before you arrive Friday
 - ☐ If you have any allergies or medical needs, please make sure we know in advance
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Do NOT bring

- ☐ Alcohol or recreational substances
- ☐ Strong perfumes or colognes — we keep the space natural and scent-free for sensitivity
- ☐ Heavy expectations — just bring yourself