



## What to Bring

15 August 2025, 9:30 - 16:30

**Nature's gift:** *Bring a small gift from nature that is special to you, it can be a stone, a feather, carved wood.*

**Clothing:** *Comfortable clothes suitable for yoga and stretching outdoors. The yoga activities are gentle and short so you likely won't need to a change of clothes. Don't forget a warmer layer if it's cooler in the morning or under the canopy.*

**Footwear:** *Fitness shoes and/or comfortable sandals to change into.*

**Rain Gear:** *Bring rain gear just in case.*

**Yoga Mat:** *If you have a favourite one, bring it along.*

**Something to sit on while on the ground:** *We will provide sit mats to use, but you may want to bring your own or a small blanket.*

**\*Journal and Pen:** *For reflective practices and jotting down insights and inspirations. **You will also be issued with a Journal in your Welcome Pack.***

**\*Water bottle:** *You will be issued a water bottle in your Welcome Pack, but you may wish to bring your own.*

**\*Healthy Snacks:** *Lunch and light snacks are provided, but it is always a good idea to have your own snacks in case of allergens, dietary needs, etc.*

**Sun Protection:** *Although we will spend most of the day under canopy, it is always a good idea to be prepared with sunscreen, hat, and sunglasses. Consider using biodegradable sunscreen to minimize environmental impact.*

**Insect Repellent:** *We are spending the day outside, under canopy. If you are easily bitten or irritated by insect bites, it's a good idea to bring your own insect repellent. Preferably, use biodegradable or eco-friendly products.*

**Personal Toiletries:** *Basic sanitation is provided, but you may prefer to bring hand lotion, etc. Consider packing biodegradable products to reduce environmental harm.*

**Small Towel:** *Useful if it's particularly hot or in wet weather.*

**Personal Medication:** *If applicable, do not forget to bring your personal medication. There are important questions in the Medical History form if you require medications.*

**Emergency Supplies:** *Necessary first aid and emergency items are carried by foRest facilitators.*

**Day Pack:** *Small day pack for your water bottle, journal, snacks, etc.*

**Musical Instrument (optional):** *If you love music and you want to share it with the community, feel free to bring your musical instrument with you.*