



# Unwind With Trees

## kit list



Return your completed registration form at least 48 hours before your session (by email)

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### WHAT TO WEAR (ALL SEASONS)

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|---|---|
| <input type="checkbox"/> <b>Long trousers and long sleeve top</b> (all seasons) and sufficient additional layers to keep you warm when standing still in the shade. | <input type="checkbox"/> <b>Walking shoes</b> (all seasons)<br>Or similar robust footwear that can get mucky or wet, with a closed toe and good grip, ideally waterproof. |
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### WHAT TO BRING

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|---|--|
| <input type="checkbox"/> <b>Extra clothes and coat / jacket</b> (even in summer)<br>It is several degrees cooler under the canopy, and we will be moving slowly. Bring <b>at least 3 more</b> layers than you think you need. You will be glad of these by the end! | <input type="checkbox"/> <b>Rainwear +umbrella</b><br>If rain is expected, you will need a waterproof jacket and trousers. These are also great for keeping out windchill. |
| <input type="checkbox"/> <b>Groundsheet / rug</b><br>For meditation lying down (or a lightweight folding chair / stool if you prefer)   | <input type="checkbox"/> <b>Water</b><br>Bring water and a snack if required. In cold weather you might also like to bring a flask with a warm non-caffeinated drink.      |
| <input type="checkbox"/> <b>Blanket</b><br>For wrapping up warm during our meditation   | <input type="checkbox"/> <b>Reusable cup</b><br>For sharing a woodland drink prepared by your guide.   |
| <input type="checkbox"/> <b>Mask</b> (for registration only, if you wish)   | <input type="checkbox"/> <b>Sunhat / sunscreen</b> (summer)  |
| <input type="checkbox"/> <b>Hand sanitiser</b>  | <input type="checkbox"/> <b>Completed Registration Form</b> if you have not already returned by e-mail.  |
| <input type="checkbox"/> <b>Medication</b> (if required)  | <input type="checkbox"/> <b>Personal items you may need</b>  |