

RACHELS VINEYARD RETREAT

Your list of the most common items to bring when you join our NHC healing retreats.

WHAT TO BRING:

ESSENTIALS:

Remember your refillable water bottle and travel mug for coffee or tea.

CLOTHING:

Dress comfortably in layers suitable for Colorado's ever-changing weather. Bring close-toed shoes for outdoor activities.

COMFORT ITEMS:

Pack a jacket or sweater for potential chilly meeting rooms. If driving, bring your beloved lap blanket; if flying, one will be provided.

PERSONAL TOUCH:

Bedding and towels are provided, but if you have a favorite pillow for added comfort, feel free to bring it along.

PERSONAL CARE:

Remember to pack toiletries and any necessary medications.

IMPORTANT REMINDER:

Please note that weapons, drugs, or alcohol of any kind are strictly prohibited during the retreat.

We are looking forward to meeting you in person...

Diane Leede & Team