

CORE CONNEXION  
RETREATS

# KIT LIST

Take the stress out of packing with our handy list of essentials.

Warm layers		Favourite workout clothes	
Grip socks		Phone charger	
Books, magazines		Swimwear	
Sunglasses		Flip flops or sandals	
Pyjamas		Trainers for walking	
Skincare		Suncream	
Water bottle		Sunhat	
Toiletries		Any other home comforts you like to travel with	