The list below is things you may find useful on your Silence in the Cedars weekend away.  These are suggestions only and we suggest bringing anything that you feel will make your weekend more comfortable.

* Enough warm and cool clothes for the weekend, please come prepared for all types of weather
* Rain Coat (umbrella, rain pants, and boots optional but nice if it rains)
* Sunscreen, hat (for warmer weather)
* Swim Suit & Towel
* Sturdy shoes/ hikers
* Sleeping bag & pillow (bedding/linens are not provided)
* Travel mug
* Water bottle
* Flashlight
* Lawn Chair
* Bath Towel
* Ear plugs (great for light sleepers!)
* Cash (if you are booking an Energy Healing Session)
* Yoga Mat/Lounging Blanket
* Toiletries
* Bug Repellent