



**COSMOS RANCH
FOUNDATION**

THE COSMOS RANCH SACRED RETREAT LEADER'S PACKING LIST

Minimalist · Modality-Agnostic · Outdoor + On-the-Land



Shelter & Sleeping

- Tent (with stakes + rainfly)
 - Ground tarp or footprint
 - Sleeping bag (weather appropriate)
 - Sleeping pad or cot
 - Pillow + blanket or shawl
 - Headlamp or lantern (with extra batteries)
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Land-Based Essentials

- Daypack or field bag for daily tools
 - Multi-tool or knife
 - Fire starter (matches, lighter, striker)
 - Folding chair or camp stool
 - Camp table (optional)
 - Rope or cord (multi-use)
 - Biodegradable soap + towel
 - Trash bags + compost bin (if needed)
 - Portable charger or solar battery
 - Refillable water container (gallon or larger)
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Facilitation Materials

- Printed retreat schedule + guest list
 - Notebook or binder with session plans
 - Ritual items (candles, altar objects, incense, etc.)
 - Cosmos Ranch provides beautiful sage bundles for your retreat guests as a complimentary gift
 - Modality-specific tools (e.g., singing bowls, yoga blocks, journal prompts)
 - Timer or bell
 - Speaker + retreat playlist
 - Lightweight altar cloth
 - Natural decor can be assembled from the Cosmos Ranch land but if you have specific flowers, branches, stones, etc. feel free to bring them.
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Personal Grounding + Comfort

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| ● Comfortable, layered clothing | ● Favorite tea or grounding drink mix |
| ● Sun hat + sunglasses | ● Your own yoga mat or meditation cushion |
| ● Rain jacket or poncho | ● Natural bug spray + sunscreen |
| ● Snacks + high-protein foods | ● Toiletries + wipes |
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Extras That Elevate

- Welcome gift items (e.g., journal, handmade token, etc.) – Cosmos Ranch provides beautiful sage bundles to each of your retreat guests as a complimentary gift
 - Extension cord
 - Portable mirror + hand sanitizer
 - Journal + pen for personal reflections
 - Extra blankets or shawls for guest comfort
 - Extra yoga mats or meditation cushions for guests
 - Printed maps or directions for guests
 - Cosmos Ranch is located so close to Austin's local food, art & music scene that it's easy to get the most out of the city and the tranquil quiet of our 41 acres
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Contingency Kit

- First aid kit (bandages, electrolytes, herbs, etc.)
 - Extra batteries + backup lighting
 - Emergency contact list
 - Extra snacks or hydration tablets
 - Basic weather gear for unexpected changes
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Final Reminder

Your presence and preparation are the container. The land will do the rest.