



MILLIMETRES 2 MOUNTAINS  
FOUNDATION

## Wellness Weekend // Wraxall Yard

### KIT LIST

“There’s no such thing as bad weather, only a bad choice of clothing,”

-Alfred Wainwright

<b>General</b>		
<b>Item</b>	<b>Got</b>	<b>Packed</b>
Warm clothing suitable for fields, forest and relaxing		
Warm PJs		
Shoes fit for the countryside e.g. boots or old trainers		
Towel for showers		
Toiletries Personal first aid - Painkillers e.g. Ibuprofen - Plasters - Personal medication (inc allergy relief if you have hayfever) Headlight (or torch), for wandering around the site		
Coats and waterproofs for chilly or rainy days  Eye mask & earplugs – if sensitive to light or birdsong		
Slippers or similar for inside accommodation. No dirty shoes beyond the doormats please!		
Forgotten fun (optional!) – games, camera, sketch pads		

### Life Coaching Elements



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Notepad & pen		
Comfy clothes for indoors and outdoors		
Bottle of water		

<b>Food &amp; Drink</b>		
<b>Item</b>	<b>Got</b>	<b>Packed</b>
Water bottle		
* All meals will be provided for the weekend and we will cater for your dietary requirements. However, please feel free to bring your own snacks to keep you going (optional), along with any personal preferences e.g. favourite tea / coffee		

<b>Activities</b>		
<b>Item</b>	<b>Got</b>	<b>Packed</b>
Comfortable activewear		
Bottle of water		
Warm layer		
* Swimwear and towel for water activities		
Any adaptations you currently use. Eg. handgrip		

**\* Contact numbers in case of any issues -**  
- **Lois** - 07398 870008