**Retreat Supply Checklist**

* Driving Directions
* Car Music Playlist/Podcast/Audible Book
* Printout of Retreat Schedule
* Address/Directions for Planned Outings
* Clothes
* Toiletries
* Journal
* Pens
* Journal Prompt Reference Sheet
* Printout of Deep & Meaningful Exercises for Your Journey of Self Discovery

www.beenyounique.com

* Printout of Soul-Searching Steps to Achieve the Best Version of Yourself

www.beenyounique.com

* Saved Links for Pre-Selected Guided Meditations
* Oracle Cards
* Magazines
* Book of Poems, Inspiration, Daily Affirmation
* Book
* Yoga Mat
* Meditation Cushion
* Sage, Incense, Candle & lighter or matches
* Singing Bowl
* Slippers & Cozy Robe
* Aromatic Lotions & Soaps
* Face Masks & Bath Salts
* Adult Coloring Book
* Colored Pens or Crayons
* Sketch Pad with Pencils
* Watercolor Paints with Watercolor Paper or Templates
* Puzzle
* Items for Altar
* Hiking Boots & Poles
* Beach Chair
* Bathing Suit
* Craft Supplies
* Food/Meal Items/Drinks
  + Breakfasts:
  + Lunches:
  + Dinners:
* Miscellaneous: