

YOGA & WELL-BEING PACKING LIST

A tent that has zippable windows will ventilate your tent as you ventilate your mind, body & soul!

COOL & CALMING CAMPING ESSENTIALS:

- Breathable tent
(With ample headspace!)
- Coir matting
(For a slip free surface)
- Tent canopy
- Groundsheet protector
- Rolled up mattress
- Camp bed

Try to enter your canvas home with a clear & calm mind...

CREATIVE COOKING:

- Woodburning stove
(with cooking abilities)
- Kettle (use with stove!)
- Heat mat
- Logs & Campfire supplies
- Tea towels
- Kitchen utensils
- Chopping boards
- Seasoning & Condiments
- Pots & Pans
- Antipasti treats
- Ingredients for meals
- Cooking oil
- Bottle opener
- Coffee press
- Cool box
- Knives
- Beverages

Create a playlist, or save your favourite positive podcasts in preperation!

CLOTHING & HYGIENE:

- Cosy dressing gown
- Pampering materials
- Pyjamas & Sleeping mask
- Swimwear / Tan-wear
- Sunglasses & Sunscreen
- Antibacterial wipes
- Underwear & Socks
- Outdoor clothing
- Exercise clothing
- Sweat band
- Slippers
- Insect repellent
- Hand sanitiser
- Towel

WELL-BEING BELONGINGS:

- Portable exercise equipment
- Sentimental belongings
(That make you feel at peace)
- Yoga mats
- Safe self standing candles
- Incense & Sage
- Essential oils
- Diffusers
- Plants
- Crystals
- Books

GENERAL MUST HAVES:

- Power pack/Generator
- Fairy lights
- Tent spares & Tools
- Cleaning equipment
- Batteries
- Torch
- First aid Kit
- Water bottle
- Bin & Bin bags
- Waterproofs
- Tent lock
- Chargers
- Speaker
- Camera

COMFORTABLE LIVING:

- Butterfly camping chairs
- Throws & Cushions
- Hot water bottle
- Portable fan
- Hammock
- Bean bags
- Pouffes

OTHER ESSENTIALS..
