

# T h e W i l d E x p a n s e

## *Expressive Arts Therapy Retreat*

### Retreat Packing List:

We are so excited you've decided to join us on our expressive therapy retreat. You are welcome to bring what feels comfortable for you and anything you need. Everything needed for the creative arts experiences will be provided, but here is a packing list to help guide you. If you have any questions or concerns, reach out at [connect@thewildexpansion.com](mailto:connect@thewildexpansion.com)

- Comfortable clothing that you can move in (and some to get messy) for four days
  - (We will be dancing, practicing yoga, walking in the woods, making art, playing music, and sitting around a campfire)
- Layers (New England weather varies especially in early May, and evening temps often drop)
- Sneakers and/or hiking shoes for walking outside and on trails
- Sandals or soft shoes for comfort/walking in/between buildings
- Shower shoes (if desired)
- Water bottle
- Jacket/Rain jacket for weather
- Toiletries
  - Shampoo/Conditioner
  - Soap
  - Deodorant
  - Toothbrush/Toothpaste
  - Hair brush/Hair dryer
  - Lotion/Skin care
  - Bug spray
  - Sunscreen
- Towel and washcloth
- Any personal medications
- Phone charger

Optional:

- Bathing suit for lakeside dips (the lake will be very chilly in May, but if weather permits and people want to, we can go swimming!)
- Sunglasses/Hat
- Soft blanket, twin mattress pad, or other bedding for comfort (sheets, 1 pillow, and blanket provided on beds)
- Personal Pillow
- Robe/Slippers for comfort
- Journal
- Personal yoga mat
- Book
- Favorite personal instrument or art supply
- Favorite snacks

**Reminder:** All food (Including dietary needs), art/music/movement supplies, and bedding will be supplied. If you have any questions, reach out to us at [connect@thewildexpanse.com](mailto:connect@thewildexpanse.com)