



Embracing Your Soul's Journey

WHAT TO BRING

Below is a list of suggested items to ensure your comfort during the overnight labyrinth. These items are not required. Choose what to bring based on your needs.

If you purchased a private room, a pillow, sheets and towels are provided by the Dominican Sisters.

- Socks for walking the indoor labyrinth
- Pajamas
- Comfy clothes
- Sustainable Water Bottle. The Dominican Sisters request no disposables.
- Snacks for your personal needs and special dietary concerns. Refrigerator space is provided. Label food items that are personal to you with your name for clarity.
- Journal
- Pens
- Art supplies to supplement what is provided (optional)
- Special object or photo for the group altar, to take home with you after the retreat
- Comfort items, crystals, scarf, shawl
- Flashlight
- Eye mask

If you did not purchase a room, bring what you need. You are invited to create a nest in the floor space surrounding the Labyrinth or in the living room space at one end of the room. If you choose to share a room with a friend, bring what you need to prepare a 2nd bed on the floor.

- Pillow
- Sleeping bag
- Blanket, according to weather
- Air mattress, yoga pad or camp pad for sleeping on floor
- Towel, washcloth, toiletries

Questions? Contact:

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