Initiates Retreat 2019 - **What to Bring**

Rafferty’s Resort

1 Wild Duck Drive via Raftery’s Road

Cams Wharf NSW

Ph: +61 2 4972 5555

The resort is right on the Lake, 8 mins to Caves Beach, 5 mins to Catherine Hill Bay beach. Current weather forecast is 20-24 degrees Celsius during the day, 14-18 degrees Celsius at night. Mostly sunny with some clouds.

**Meals**

All accommodation options include full vegetarian lunch, morning/afternoon tea. On Sunday our meal will be breakfast, we will then go to Abode of Peace (45 Kings Road, Cooranbong) for Mission Day celebrations.

Other meals can be prepared in your accommodation kitchen, or you may choose to eat in the restaurant. The standard terraces have a hotplate but no oven, all other accommodation have an oven.

There is a restaurant and a café at the resort.

**Laundry**

All accommodation has laundry facilities. You will need to bring your own washing powder.

**Spiritual - suggested what to bring**

Prayer shawl if you have one

Modest clothing appropriate to wearing in the temple

Temples are air conditioned but you may want

* Warm wrap or knee blanket for early morning sessions
* Socks to keep feet warm in temple

Meditation cushion (there are plenty of chairs)

Mala Beads if you have some

Pen

Spiritual Journal

Sacred objects for the altars if you want to have them blessed by the energy of the retreat

We have organized flowers for the week; roses especially for making garlands but it would be lovely to have lots of flowers even from your own garden and a vase to put them in.

Virtue Cards/Strength of Soul cards if you have them

Water bottle as no open cups allowed in temple

Small thermos (sippy) cup as no open cups allowed in temple

Tissues

**General suggestions on what to bring**

Food for breakfast and dinner

Healthy snacks

iPod

Head phones for iPod

iPod player and charger for room

Earplugs can be a good idea if you are a light sleeper

Power board

Torch

Incense if you wish

Beach Towel

Sun hat

Sunglasses

Sun screen, (holding the vision of sunshine)

Swimmers, there is a heated pool, lake and beach near by

Warm jacket, clothing

Casual clothes for free time

Clothes for exercise

Walking shoes

Thongs or easy slip ons

Raincoat / umbrella just in case

Reading material (high vibrational)

Tissues

Personal toiletries